

# Godin Leisure-Time Exercise Questionnaire

<b>Name:</b>		<b>Date:</b>	
During a typical 7-day period (a week), how many times on average do you do the following kinds of exercise for more than 15 minutes during your free time?			
<b>Exercise category</b>		<b>Times per week</b>	
<b>1. Strenuous exercise:</b> Heartbeats rapidly E.g running, jogging, hockey, football, soccer, squash, basketball, cross-country skiing, judo, roller skating, vigorous swimming, vigorous long-distance bicycling			
<b>2. Moderate exercise:</b> Not exhausting E.g., fast walking, baseball, tennis, easy bicycling, volleyball, badminton, easy swimming, alpine skiing, popular and folk dancing			
<b>3. Mild/light exercise:</b> Minimal effort E.g., yoga, archery, fishing from the river bank, bowling, horseshoes, golf, snowmobiling, easy walking			
<b>Scoring</b>			
<b>Exercise category</b>	<b>Frequency</b>	<b>Times per week</b>	<b>Total</b>
1. Strenuous exercise	X9		
2. Moderate exercise	X5		
3. Mild/light exercise	X3		
<b>Total:</b>			
<b>Godin leisure-time exercise score</b>		<b>Interpretation</b>	
24 or more		Active	
14 - 23		Moderately active	
Less than 14		Insufficient active/sedentary	

# Leisure Time Manual

**L Towne**



## Leisure Time Manual:

A User's Guide to Community Entry for the Severely Handicapped Ernest Pancsofar, 1986-01-01 Once warehoused in institutions many severely handicapped individuals are now living in community residences Yet there are few resource materials available for those who face the difficult task of planning and operating these residences A User's Guide to Community Entry for the Severely Handicapped offers practical guidance for creating the most home like least restrictive residential settings Committed to the right of all individuals to live in their home community Pancsofar and Blackwell address topics of vital concern to residential planners administrators and direct care personnel The Guide covers administrative and programmatic issues offering a wealth of suggestions examples forms and checklists It is a valuable special education textbook and reference work and an excellent resource for families

**Manual Training Magazine** Charles Alpheus Bennett, William Thomas Bawden, 1923 *Recreation Activities Manual for W. P. A. Recreation Teachers, State of Pennsylvania ...* United States. Works Progress Administration of Pennsylvania, 1937 *Teachers' Manual of Free-hand Drawing and Designing* Walter Smith, 1873

**A Manual of general pathology** Joseph Frank Payne, 1888

**An Introduction to Medical Sociology** David Tuckett, 2013-12-19 Tavistock Press was established as a co operative venture between the Tavistock Institute and Routledge Kegan Paul RKP in the 1950s to produce a series of major contributions across the social sciences This volume is part of a 2001 reissue of a selection of those important works which have since gone out of print or are difficult to locate Published by Routledge 112 volumes in total are being brought together under the name The International Behavioural and Social Sciences Library Classics from the Tavistock Press Reproduced here in facsimile this volume was originally published in 1976 and is available individually The collection is also available in a number of themed mini sets of between 5 and 13 volumes or as a complete collection

*Western New York Trade Union Directory and Manual*, 1944

**Speed Toys for Boys (and Girls, Too)** Armand John La Berge, 1928

**Manual of Treatment by Massage and Methodical Exercise** Joseph Scriber, 1887

**Readers' Guide to Periodical Literature** Anna Lorraine Guthrie, Bertha Tannehill, Neltje Marie Tannehill Shimer, 1925 An author subject index to selected general interest periodicals of reference value in libraries

The Girl Reserve Movement, a Manual for Advisers Young Women's Christian Association of the U.S.A., 1923

*Preretirement Education Leader's Manual* Woodrow Wilson Hunter, 1980

The Teacher's Encyclopaedia of the Theory, Method, Practice, History and Development of Education at Home and Abroad Arthur Pillans Laurie, 1912

**Educational Screen and Audiovisual Guide**, 1928

The West Virginia School Journal, 1888

**Vocational Recreation in Indiana, 1916** Lebert Howard Weir, 1918

*Bulletin of the Extension Division, Indiana University*, 1917

**Proceedings of the Annual Session** Minnesota Education Association, 1908

*Country Guide and Nor'west Farmer*, 1914

**The School Review**, 1926

## Decoding **Leisure Time Manual**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Leisure Time Manual**," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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