



Imagining physical activity in an “ideal” world

(i.e., if you could do any activity, what would it be?)

Consider the activities below and imagine a world in which nothing stood in the way. E.g., imagine the activity is easily accessible in your area, cost is not an issue, and you are physically, mentally and socially capable of taking part.

What would you *really* like to do, and why?

Equally, what are the things you would steer clear of, and why?

- Google anything you haven't heard of to find out about it.
- Add additional rows for other ideas.

Activity	Example/s	In an ideal world, would you like to have a go at any of these?	Why does it appeal? (or not appeal)
Team ball sports (hands)	<ul style="list-style-type: none"> • Basketball • Netball • Handball • Lacrosse • Hockey • Rounders • Cricket • Wheelchair rugby 		
Team ball sports (feet/whole body)	<ul style="list-style-type: none"> • Football • Gaelic football • Rugby 		
Other team activities	<ul style="list-style-type: none"> • Roller derby • Ultimate frisbee 		
Individual ball sports	<ul style="list-style-type: none"> • Tennis • Badminton • Squash • Table tennis 		
Martial arts	<ul style="list-style-type: none"> • Brazilian Jiu Jitsu • Tae Kwon Do • Karate • Thai boxing • Capoeira • Fencing 		
Other contact sports	<ul style="list-style-type: none"> • Boxing • Kickboxing 		
Dancing	<ul style="list-style-type: none"> • Ballroom/Latin • Ballet • Hip Hop / street 		
Balance & flexibility	<ul style="list-style-type: none"> • Yoga • Pilates 		

Activity	Example/s	In an ideal world, would you like to have a go at any of these?	Why does it appeal? (or not appeal)
Cardio classes	<ul style="list-style-type: none"> • HIIT (high intensity interval training) • Zumba • Circuit training • Spinning 		
Athletics	<ul style="list-style-type: none"> • Running • Throwing (e.g., hammer, javelin) • Jumping (e.g., long jump, high jump) 		
Individual movement	<ul style="list-style-type: none"> • Gymnastics • Free-running/parkour • Ice-skating • Indoor climbing • Trampolining 		
Water sports	<ul style="list-style-type: none"> • Swimming • Diving • Windsurfing • Surfing • Canoeing/kayaking • Waterskiing 		
Outdoor	<ul style="list-style-type: none"> • Climbing • Skateboarding • Skiing • Hiking • Mountain biking • Road cycling • Abseiling • Golf • Horse-riding • Archery 		
Gym	<ul style="list-style-type: none"> • Cardio (e.g., treadmill, bike) • Resistance exercises (e.g., weights) • With personal trainer • Group gym-based workouts (e.g., Crossfit) 		
Volunteering activities / community involvement	<ul style="list-style-type: none"> • E.g., GoodGym - Get Fit, Do Good GoodGym - Get Fit, Do Good 		

Activity	Example/s	In an ideal world, would you like to have a go at any of these?	Why does it appeal? (or not appeal)
	<ul style="list-style-type: none"> • home parkrun UK 		
Online activities	<ul style="list-style-type: none"> • Online exercise classes (e.g., Joe Wicks) • Active computer games • Online simulators (e.g., linked up to exercise bikes) 		
Lifestyle activities	<ul style="list-style-type: none"> • Gardening • DIY • Cleaning • Playing footy in the park • Walking with friends/family • Frisbee • Ball games in park • Active travel – walking (e.g., to shop, pub) • Active travel – cycling 		
Other? Add anything else you think you'd enjoy			

Now look back over your answers. What do you notice about the types of physical activity you are attracted to?

What could you learn from this that might help you move forward?