



Help Us Understand Exercise and Physical Activity Levels in the Down Syndrome Community

STAY ACTIVE, STAY STRONG!



Why Participate?

We are looking for people with Down syndrome aged 18 years or older and their parents/caregivers to fill out a questionnaire that will review engagement levels in exercise and physical activity.



Contact Us

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Questions Asked

Examples of themes that the questionnaire aims to cover are listed below:

- What types of exercise and physical activity?
- How much exercise and physical activity?
- How accessible are exercise and physical activity?
- Does geographical location affect exercise or physical activity levels?
- Does health affect exercise and physical activity levels?
- Does time spent in education affect exercise and physical activity levels?



Access Questionnaires:

