



HUME CITY COUNCIL **BE OUTDOOR** **ACTIVE PROGRAM** **2015 EVALUATION**

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EXECUTIVE SUMMARY

Hume City Council undertook the 'Be Outdoor Active' project. This was a free leisure program running for eight weeks during February/March 2015. It offered one session per week of Yoga, Zumba and Group Fitness classes at three parks across Hume City (located in Broadmeadows, Craigieburn and Sunbury). To help evaluate the success of the program Hume City Council undertook two short surveys seeking feedback from participants, one midway through the program and the other at the end of the eight weeks. A total of 98 participants completed the midway survey and 79 completed the end of program final survey. A brief outline of some of the findings is presented as follows:

Profile of respondents

- The majority of respondents were female.
- Most respondents were aged 35-44 years, followed by 45-54 years, 55-64 years and 25-34 years.
- More than four out of five respondents speak English at home.
- The majority of respondents live in either Sunbury or Craigieburn.

Current Be Outdoor Active program

- Most respondents had attended activities in Sunbury, followed by Craigieburn and then Broadmeadows. Yoga was the most popular activity at all three locations.
- Across all activities and locations, respondents attended an average of 4-5 of the 8 sessions.
- The most common ways that respondents found out about the Be Outdoor Active program were through a friend/relative, or seeing a brochure/flyer.
- Respondents are happy with the Be Outdoor Active program overall with around three quarters rating the program as 'excellent' and almost one quarter rating it as 'good'.
- Respondents provided positive ratings across almost all aspects of the Be Outdoor Active program, from registration, to types of activities, location, days/times, length of activities and the instructor/trainer. 'Advertising/marketing' of the program received the least positive rating, with respondents commenting that there was not enough advertising and many people had been unaware of the program.
- The most common reasons why respondents participated in the Be Outdoor Active program were for fitness/exercise, that it was offered for free, and to improve their health.
- Almost all respondents indicated that the program had met their overall expectations.
- What respondents enjoyed most about the program were 'being outdoors/fresh air', 'exercising/being active/keeping fit', the 'social aspect/meeting people/being with friends/family', the 'trainers/instructors' and, the 'free activities'.
- What respondents mostly feel needs improvement or should be changed about the program are 'nothing', offering a 'better/different location', having 'more/better times/days available', and having 'more programs/activities available'.
- More than two thirds of respondents have made or will make changes to their fitness/leisure routine now that they have participated in the Be Outdoor Active program.
- Almost all respondents would recommend the Be Outdoor Active program to other people.

Future Be Outdoor Active programs

- Almost all respondents would participate in the Be Outdoor Active program again, if it was offered again in the future.
- The most preferred activities for future Be Outdoor Active programs are 'Yoga', 'Pilates', 'Zumba' and 'Tai-Chi'. These are followed by an 'Organised Walking Group', 'Group Circuit Training', 'Yoga-laties' and 'Boxing Cardio'.
- Across all time slots (morning, afternoon and evening), weekdays are preferred more for Be Outdoor Active activities to operate rather than weekends. The best time slots during the weekdays are the morning, followed by the evening and then afternoon. For the weekends, the best time slots for attending activities are in the morning, followed by the afternoon and then evening.
- Across all days and time slots the most popular two, preferred by three out of five respondents, are Wednesday and Monday mornings. The next best days and time slots, preferred by just under half of respondents are Tuesday, Thursday and Friday mornings. Just over two out of five respondents like Tuesday and Thursday evenings. One in three respondents prefer Wednesday or Monday evenings, or Saturday morning. One quarter of respondents like Friday evening or Sunday morning.
- More than one third of respondents would like to see the Be Outdoor Active program offered five times a year or more and just over one quarter would like to see it offered three times per year.
- The majority of respondents would like to find out about future Be Outdoor Active programs via an email from Council. Other popular options are the local newspaper or a brochure/flyer in the mail.

General Comments

- There was a general consensus among respondents that the program was fantastic and great fun. Respondents thanked the Council for the great initiative, excellent instructors, the opportunity to try something new and for free, and asked that the program be continued.

Introduction

Hume City Council undertook the 'Be Outdoor Active' project. This was a free leisure program running for eight weeks from 2 February 2015 to 26 March 2015. It offered one session per week of Yoga, Zumba and Group Fitness classes at three parks across Hume City (located in Broadmeadows, Craigieburn and Sunbury). To help evaluate the success of the program Hume City Council undertook two short surveys seeking feedback from participants, midway through the program and at the end of the eight weeks. A total of 98 participants completed the midway survey and 79 completed the end of program final survey.

Aim & Objectives

Aim

The aim of the *Be Outdoor Active Program 2015 Evaluation* was to evaluate the success of the Be Outdoor Active program and identify any improvements should the program be offered again in the future.

Objectives

The objectives of the *Be Outdoor Active Program 2015 Evaluation* were to:

- Identify how participants had found out about the Be Outdoor Active program
- Examine participants' satisfaction with various aspects of the program and the program overall
- Ascertain why participants chose to take part in the program
- Find out if the program met participants overall expectations
- Identify what participants enjoyed most about the program
- Identify any improvements or suggested changes
- Explore whether participants have made changes to their fitness/leisure routine following the Be Outdoor Active program
- Ascertain if participants would recommend the program to other people
- Ascertain whether participants would participate in the program if offered again in the future
- Identify which activities are preferred for future Be Outdoor Active programs
- Ascertain the preferred days and times for attending activities
- Ascertain the preferred number of times per year the program should be run
- Identify how participants would like to find out about future Be Outdoor Active programs

Methodology

Survey Design

The questionnaires were developed by Hume City Council's Organisational Performance & Engagement Department and Council's Leisure & Youth Services Department. The survey questions were designed to meet the overall aim and objectives of the project. The questionnaires comprised of a combination of open-ended and closed questions. *(Copies of the two questionnaires are included in the Appendices)*

The surveys were administered online with email invitations sent to all people registered for the Be Outdoor Active program. Hardcopy forms in English were also available to participants at the three activities and three locations where the program was run. The midway survey was administered during the fourth and fifth weeks of the program. Emails were sent to 365 registered participants of the program. A total of 98 participants completed the midway survey, a response rate of approximately 27%. The final survey was administered during the last week of the program. Emails were sent to 386 registered participants of the program. A total of 79 participants completed the final survey, a response rate of approximately 21%.

Data management

The surveys were developed and conducted in accordance with the *Privacy and Data Protection Act 2014*, and Hume City Council's *Information Privacy and Health Records Procedures*.

Responses from completed surveys were directly entered into an online database created in SurveyGizmo. The responses were then exported and analysed using SPSS and Microsoft Excel.

Reporting and dissemination

This report outlining the findings of the *Be Outdoor Active Program 2015 Evaluation* has been produced by Hume City Council's Organisational Performance & Engagement Department for the Leisure & Youth Services Department. The report includes an executive summary, detailed results and appendix. Feedback conveyed in this report will be presented to and carefully considered by the key stakeholders within Hume City Council.

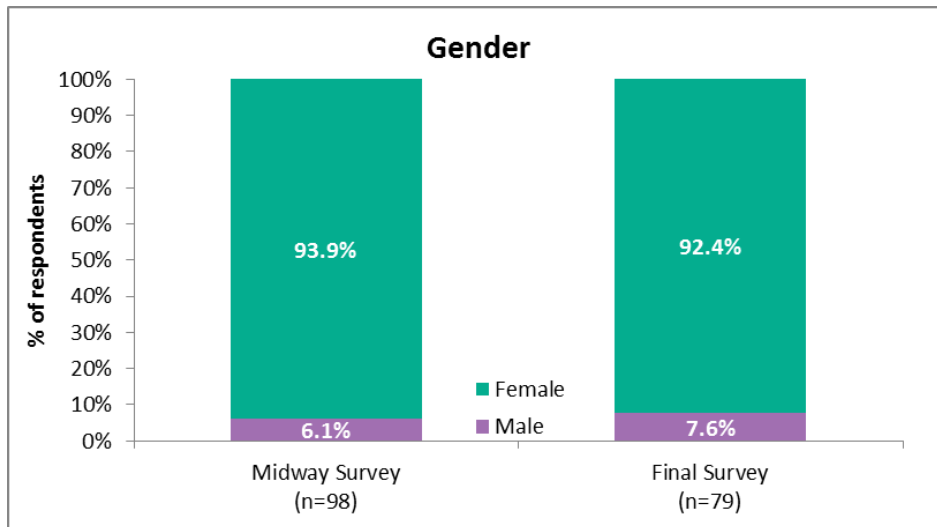
Survey Findings

Profile of Respondents

Gender

The majority of respondents to both surveys were female (Midway Survey–93.9%, Final Survey–92.4%).

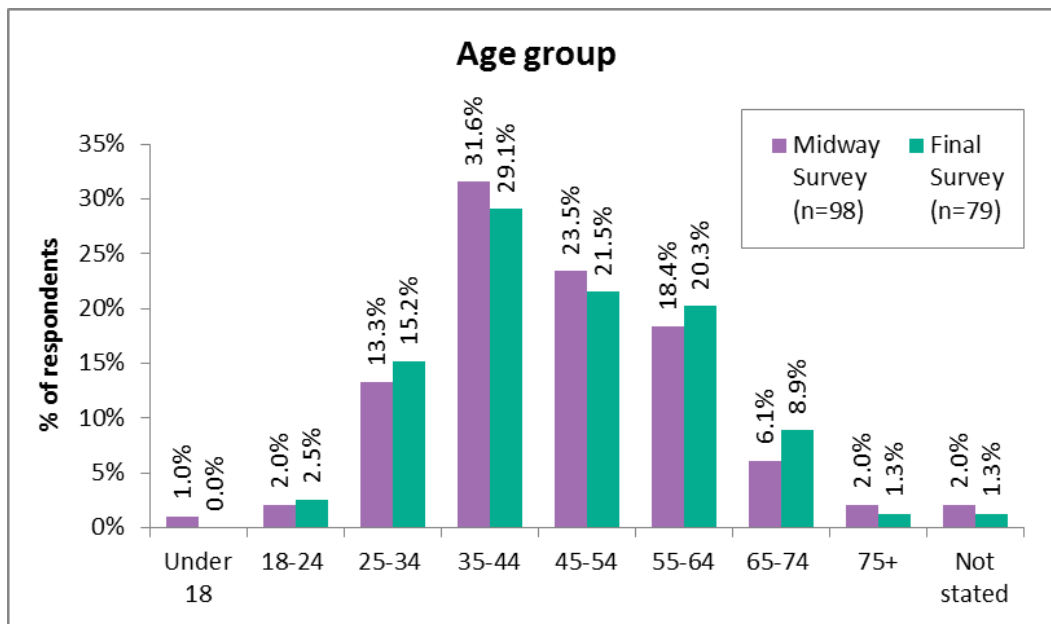
Chart 1: Gender



Age group

Overall, respondents to the surveys were fairly well represented across most age groups. For the final survey more than one quarter of respondents were aged 35-44 years (29.1%) and around one fifth were aged 45-54 years (21.5%) or 55-64 years (20.3%). For the midway survey around one third of respondents were aged 35-44 years (31.6%) and one quarter were aged 45-54 years (23.5%). Almost one in five respondents were aged 55-64 years (18.4%).

Chart 2: Age group

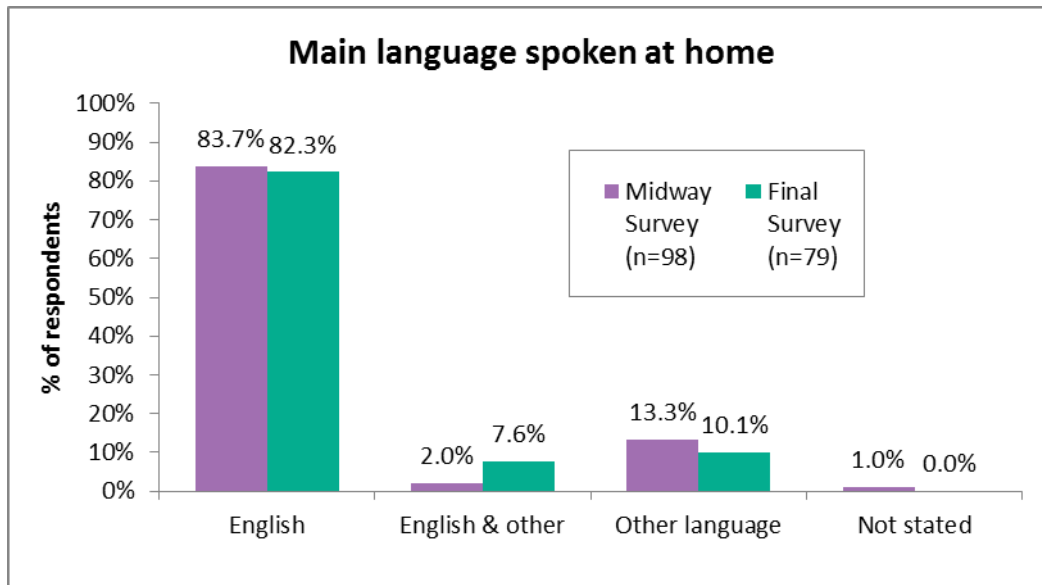


Main language spoken at home

For both surveys more than four out of five respondents speak English at home (Midway Survey–83.7%, Final Survey–82.3%). For the final survey, 10.1% of respondents speak another language and 7.6% speak both English and another language. The most common other languages spoken are Assyrian, Gujarati, Hindi and Turkish.

For the midway survey 13.3% of respondents speak another language and 2.0% speak both English and another language. The most common other languages spoken are Hindi and Japanese.

Chart 3: Main language spoken at home



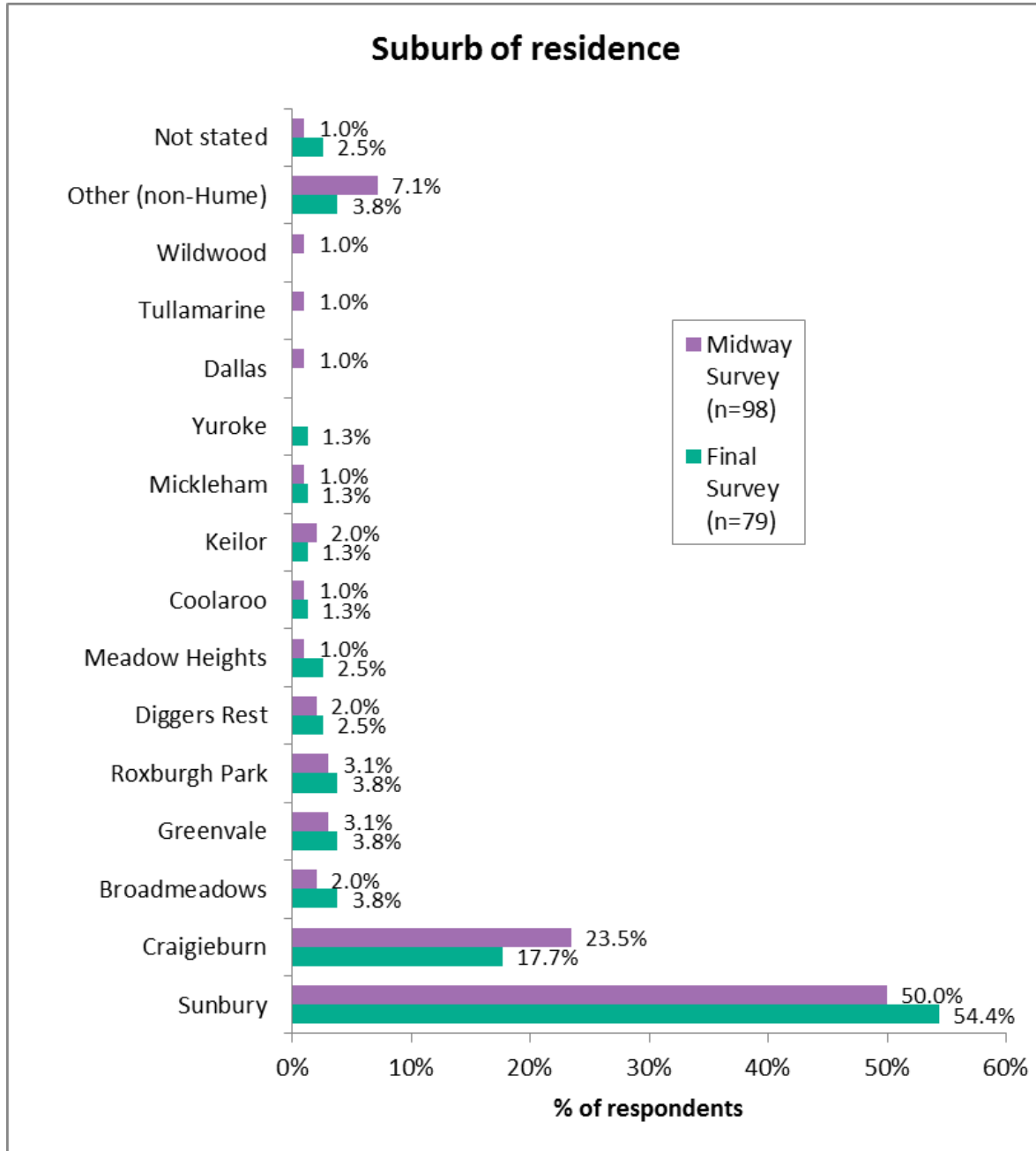
Other language spoken at home (number of respondents)

Midway Survey	Final Survey
4 - Hindi	2 - Assyrian
2 - Japanese	2 - Gujarati
1 - Assyrian	2 - Hindi
1 - Cantonese	2 - Turkish
1 - Chinese	1 - Cantonese
1 - Croatian	1 - Chinese
1 - Gujarati	1 - Punjabi
1 - Korean	1 - Sinhalese
1 - Sinhalese	1 - Spanish
1 - Spanish	
1 - Telugu	

Suburb of residence

For both surveys half or more of respondents live in Sunbury (Midway Survey–50.0%, Final Survey–54.4%). The second most common suburb of residence is Craigieburn (Midway Survey–23.5%, Final Survey–17.7%).

Chart 4: Suburb of residence

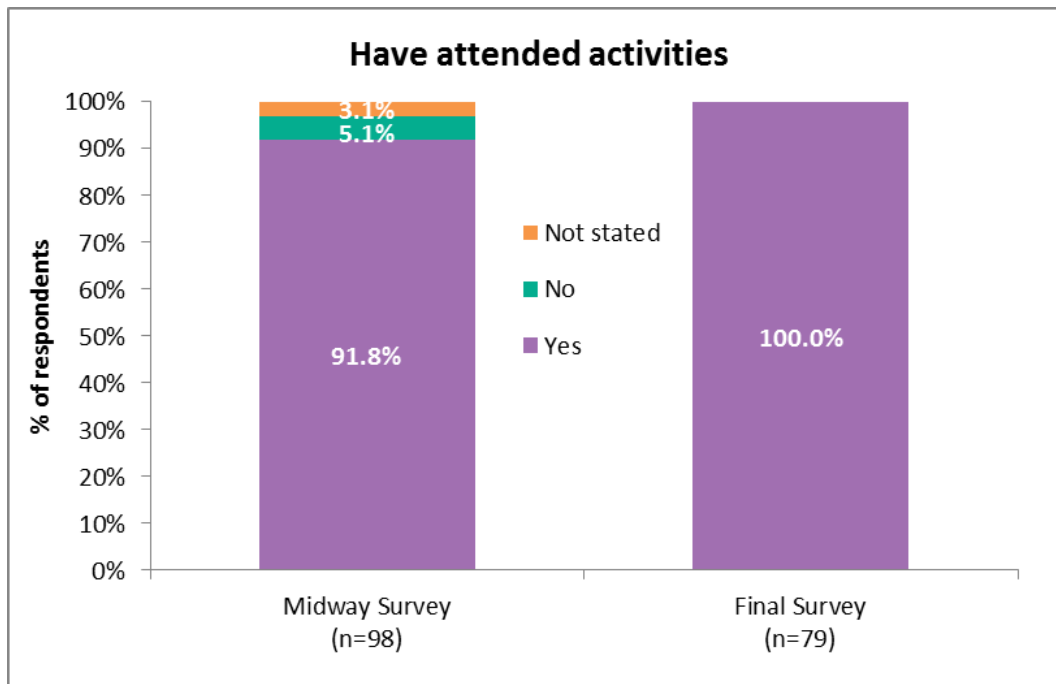


Current Be Outdoor Active Program

Location and activities attended

All 79 respondents to the final Be Outdoor Active evaluation survey had attended activities during the program. For the midway survey 91.8% had been attending activities during the program.

Chart 5: Have attended activities

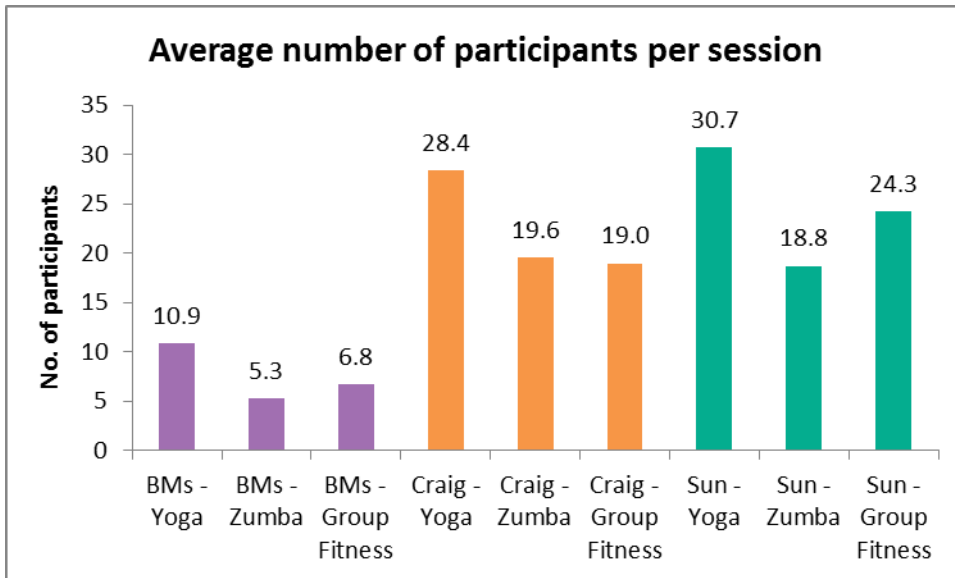


Of the respondents from the midway survey that had not attended any activities, four gave reasons why:

- I was unable to attend the first session and felt embarrassed about going to the next one.
- The one I went to showed me that Zumba was not what I thought it was and that it wasn't for me.
- Unfortunately, on the advice of my medical practitioner and due to a recent injury, I was unable to attend the first few weeks. By the time I was given the all clear to participate, exercise classes started up at lunch time at my workplace, which were more convenient for me, as I don't live in Sunbury and the 6.30pm start time is quite late to wait around. I love the concept and think for many, many Sunbury residents, who may not be as fortunate with free classes offered at work, Be Outdoor Active is an incredible opportunity!
- It is expensive, I just do the normal walking, but also the project of the council is good to everybody's health, besides it's free. Hope they will continue that program.

During the eight week program, at each location and activity session the number of participants was recorded. Below is the average number of participants per session. Sunbury and Craigieburn had higher numbers of participants at each session, compared to Broadmeadows. Of the three activities, yoga was the most popular across all three locations.

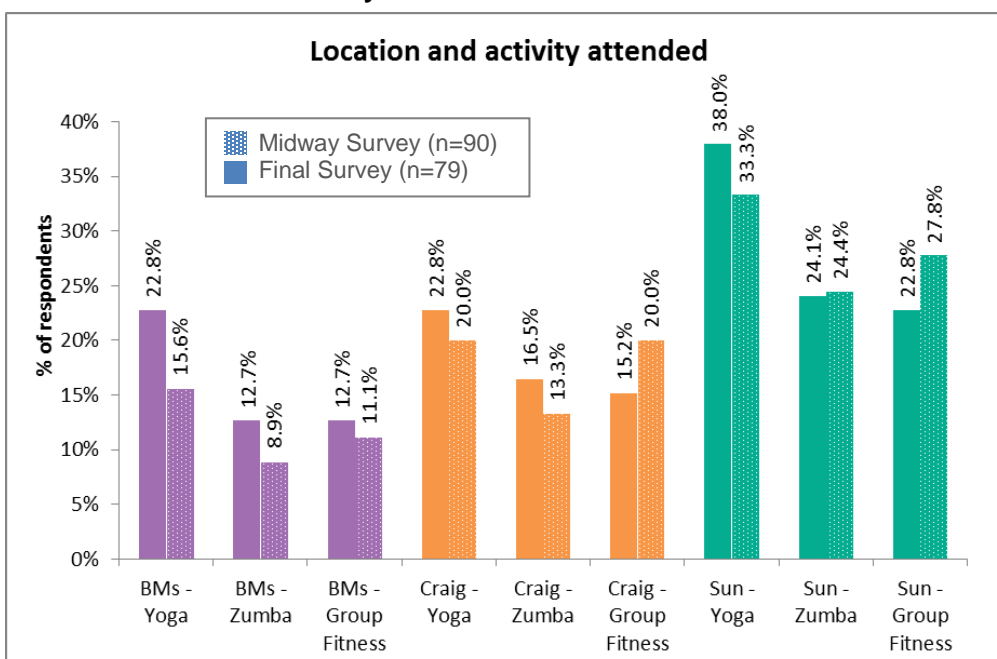
Chart 6: Average number of program participants per session



The pattern of survey respondents by location and activity is similar to the participation pattern above. For the final survey, most respondents had attended activities in Sunbury with 38.0% having attended Yoga in Sunbury, 24.1% Zumba in Sunbury and 22.8% Group Fitness in Sunbury. The least attended activities had been in Broadmeadows. Yoga was the most popular activity at all three locations.

For the midway survey, most respondents had attended activities in Sunbury with 33.3% having attended Yoga in Sunbury, 27.8% Group Fitness in Sunbury and 24.4% Zumba in Sunbury. The least attended activities had been in Broadmeadows. Yoga was the most popular activity at all three locations.

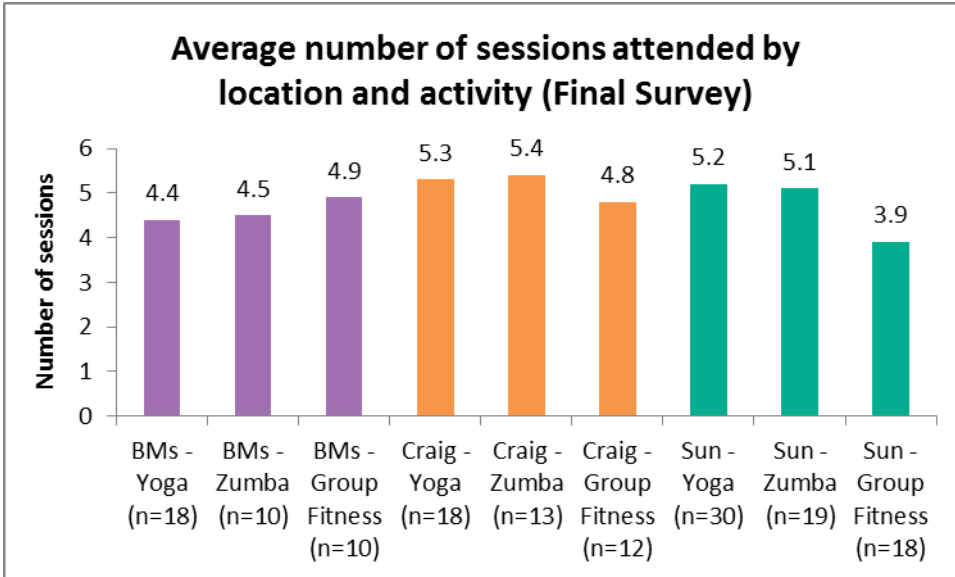
Chart 7: Location and activity attended



Note: Totals do not add to 100% as respondents could provide more than one response

Across all activities and locations, an average of 4-5 of the eight sessions had been attended by survey respondents.

Chart 8: Average number of sessions attended – Final Survey



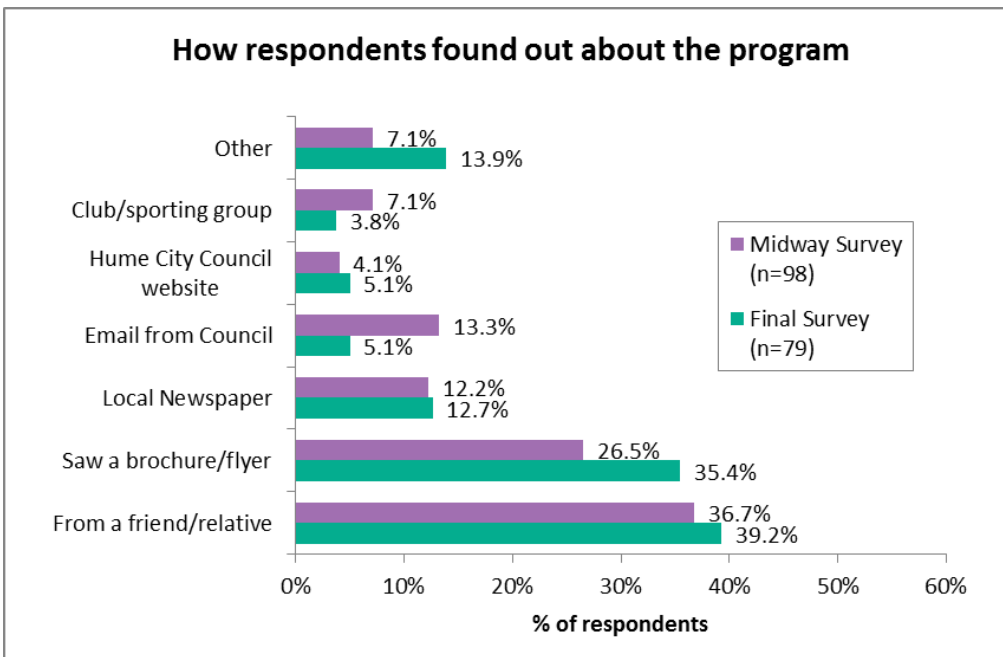
How respondents found out about the program

The most common ways that respondents found out about the Be Outdoor Active program were hearing about it from a friend or relative, or seeing a brochure/flyer advertising the program.

Almost two out of five respondents to the final survey found out about the program through a friend/relative (39.2%) and over one third saw a brochure/flyer (35.4%).

For the midway survey, more than one third of respondents found out about the program through a friend/relative (36.7%) and over one quarter saw a brochure/flyer (26.5%).

Chart 9: How respondents found out about the program



Note: Totals do not add to 100% as respondents could provide more than one response

‘Other’ responses

Midway Survey	Final Survey
Council employee	At Sunbury Aquatic and Leisure Centre
Through work	At Sunbury library
Library	Facebook
Sunbury Community Health Centre	Fitnic at Craigieburn
Facebook - Community health centre advertised it	Healthy Together Hume at Sunbury Community Health
Local library	Passed through work emails
Health Promotion partnership with Sunbury Community Health	Through the Sunbury Community Kitchen Facebook page
	Walking in Craigieburn park and happened to see
	Workplace

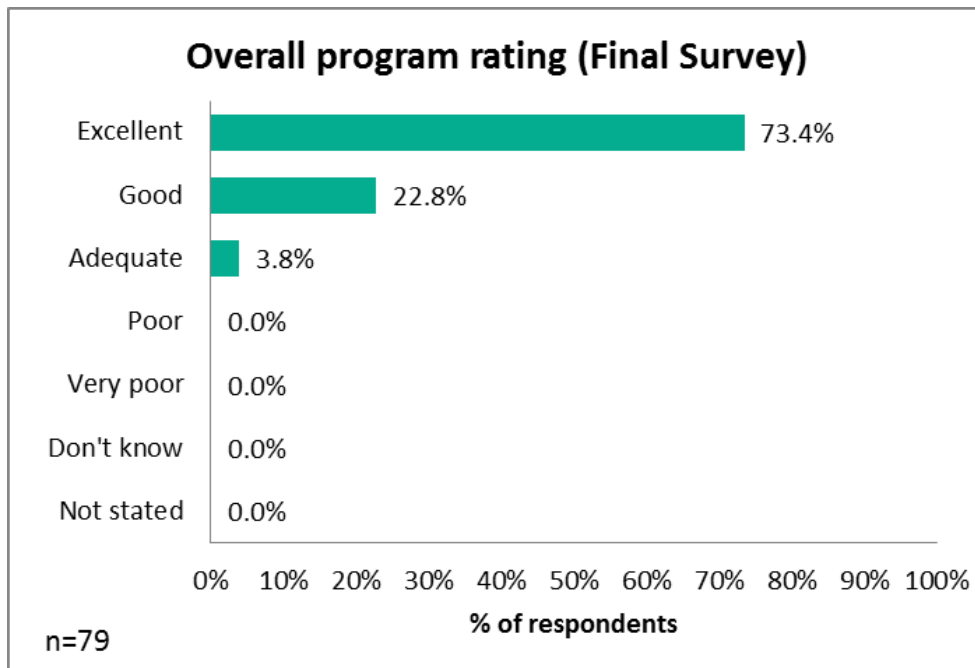
Rating for overall program

Respondents are happy with the Be Outdoor Active program overall with around three quarters rating the program as ‘excellent’ (73.4%) and almost one quarter rating it as ‘good’ (22.8%).

Many respondents described the program as ‘fun’ and found it a great way to exercise/keep fit with family and friends, to socialise, and to meet new people. They liked the opportunity to try something new/different, in a group environment, and to exercise outdoors in a relaxed setting and with fresh air. Respondents provided praise for the instructors and liked that the program was provided free of charge.

(Verbatim comments provided by respondents by their rating score can be found in the appendices)

Chart 10: Rating for overall program – Final Survey



Ratings for various aspects of the program

Respondents provided positive ratings across almost all aspects of the Be Outdoor Active program. For the final survey, the highest rating was provided for the instructor/trainer, with 97.4% of respondents giving an excellent/good rating. Advertising/marketing of the program received the least positive rating with just over half of respondents saying it was excellent/good (54.5%) and over one third saying it was adequate (35.1%). Around one in ten respondents thought advertising/marketing of the program was poor/very poor (10.4%).

For the midway survey, respondents also provided positive ratings across almost all aspects of the Be Outdoor Active program. The highest rating was received for the length of each activity session, with 98.0% of respondents providing an excellent/good rating. Advertising/marketing of the program received the least positive rating with just over two thirds saying it was excellent/good (68.9%) and one in nine respondents saying it was poor/very poor (11.1%).

A brief summary of comments provided by respondents across the various aspects of the program are as follows:

Advertising/marketing of the program (ie. posters, flyers, news media)

- Respondents indicated that there was not enough advertising of the program and there could have been more.
- Some respondents reported that they had friends/relatives who were not even aware of the program. Many had only found out about it through word of mouth, and some after the program had already begun.

Registration process

- The online registration was found to be quite easy.
- The registration process could be a barrier for some residents, particularly the elderly and those from non-English backgrounds.

Type of activities offered

- Respondents mostly enjoyed the activities offered.
- Some respondents felt that more activities could be made available.

Park/garden where the activities are held

- Many respondents enjoyed the outdoors atmosphere of the program, however, some suggested having shaded areas would be better (particularly for Zumba), as the hot sun made exercising slightly uncomfortable.
- Respondents suggested moving the activity indoors on extreme weather days (hot or raining).
- A number of respondents found the bumpy/uneven ground (at Sunbury) uncomfortable for doing yoga, and hard on the body for Zumba and running.
- Some respondents found the park was crowded and also felt a little unsafe with cricket balls flying around. They suggested better organising/timing of all the groups/activities sharing the park/oval.

Days of the week and Time of the day the activities are run

- Most respondents were happy with the times of the day and the days of the week the activities were run, but did suggest that more days/times could be made available to provide more/alternative choices for residents and to make the program more accessible for all.

Length of time for each activity session (1 hour)

- The one hour length of the activities was found to be adequate, no longer is needed.

The length of the program (8 weeks)

- Most respondents really enjoyed the program and want it to continue beyond the 8 weeks.

Instructor/trainer

- Respondents were very happy with the instructors/trainers and found them to be friendly and helpful.
- Some respondents were a little unhappy with instructors changing each week.

(Verbatim comments provided by respondents by rating and each aspect of the program can be found in the appendices)

Chart 11: Ratings for various aspects of the program – Final Survey

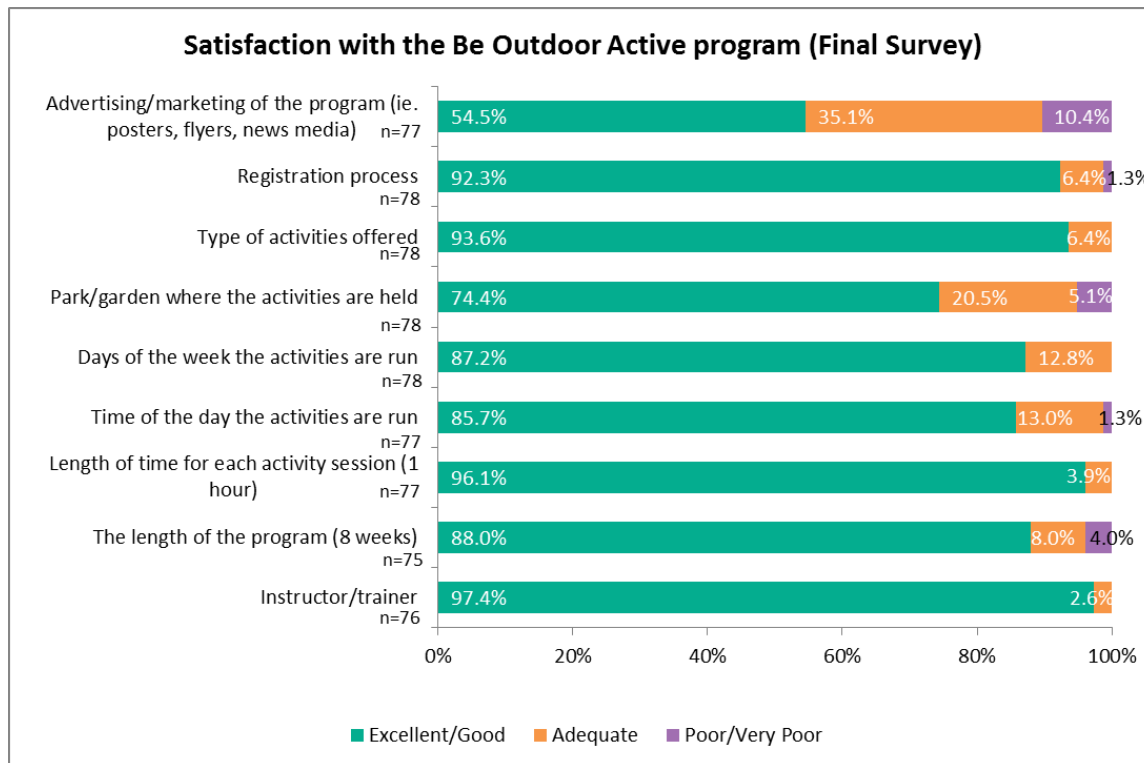
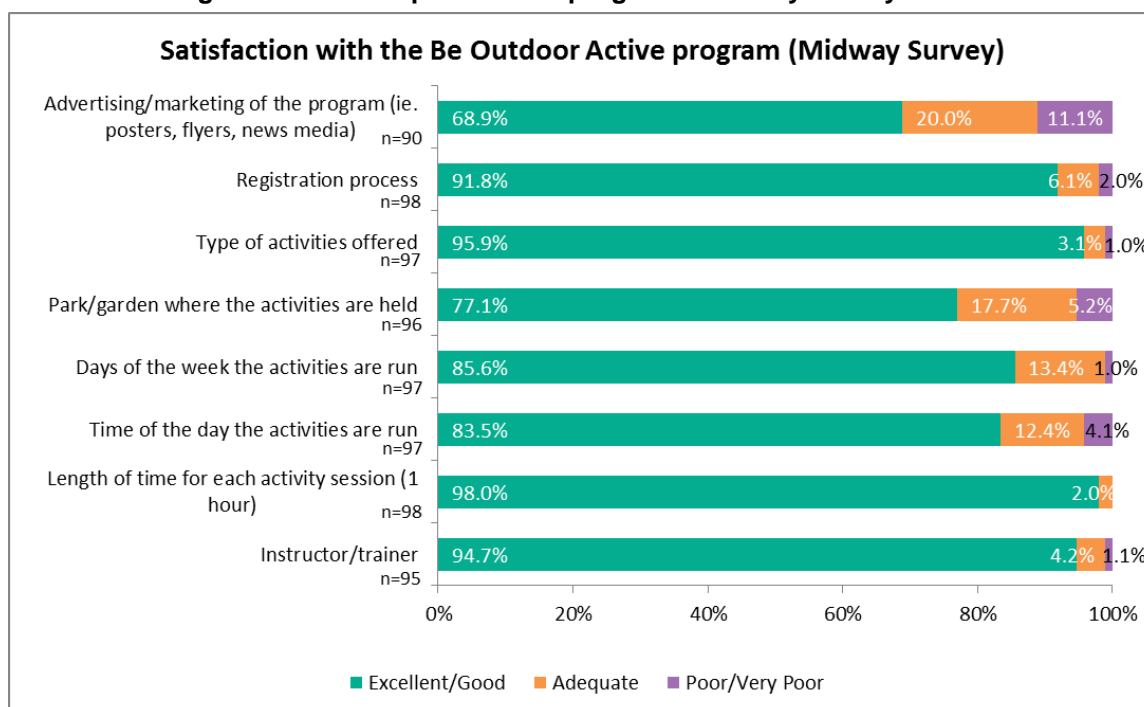


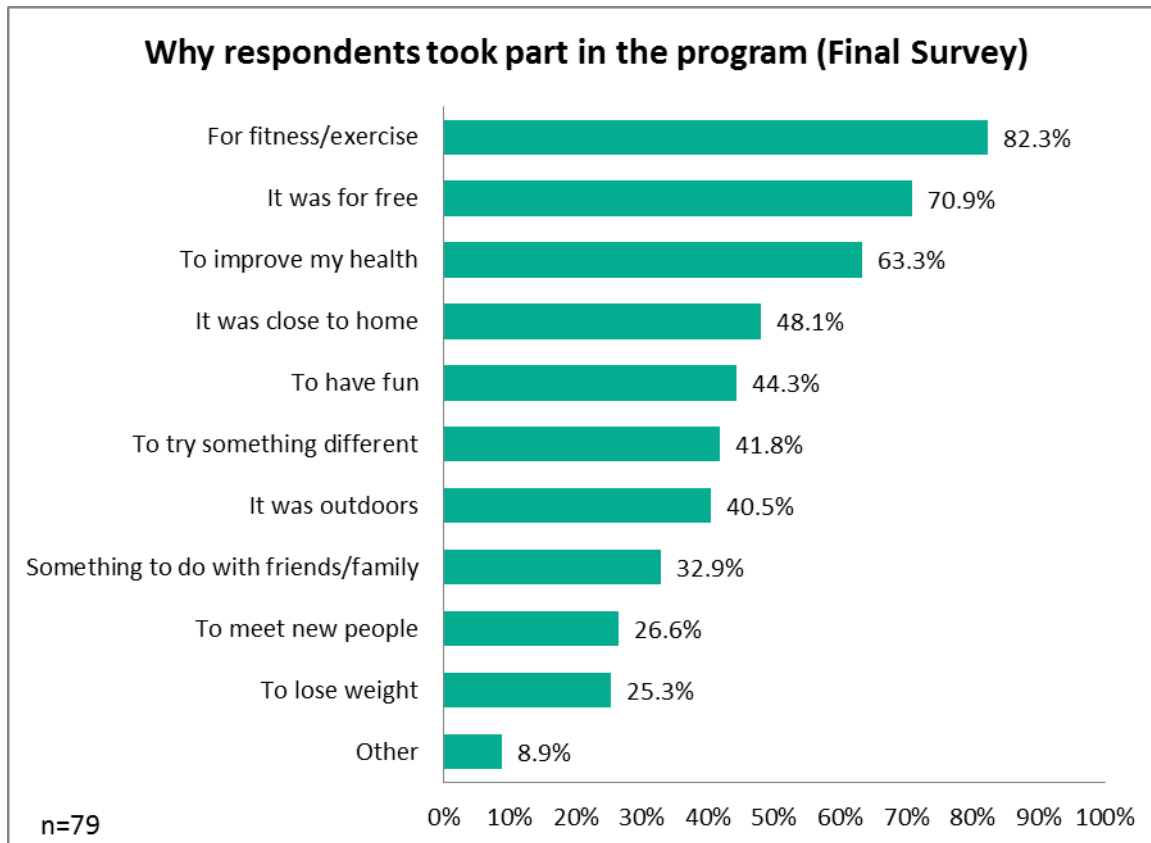
Chart 12: Ratings for various aspects of the program – Midway Survey



Reasons for participating in the program

The most common reasons why respondents participated in the Be Outdoor Active program were for fitness/exercise, that it was offered for free and to improve their health. More than four out of five respondents took part in the program for fitness/exercise (82.3%). Over two thirds of respondents took part in the program because it was free of cost (70.9%) and just under two thirds participated in the program to improve their health (63.3%).

Chart 13: Reasons for participating in the program – Final Survey



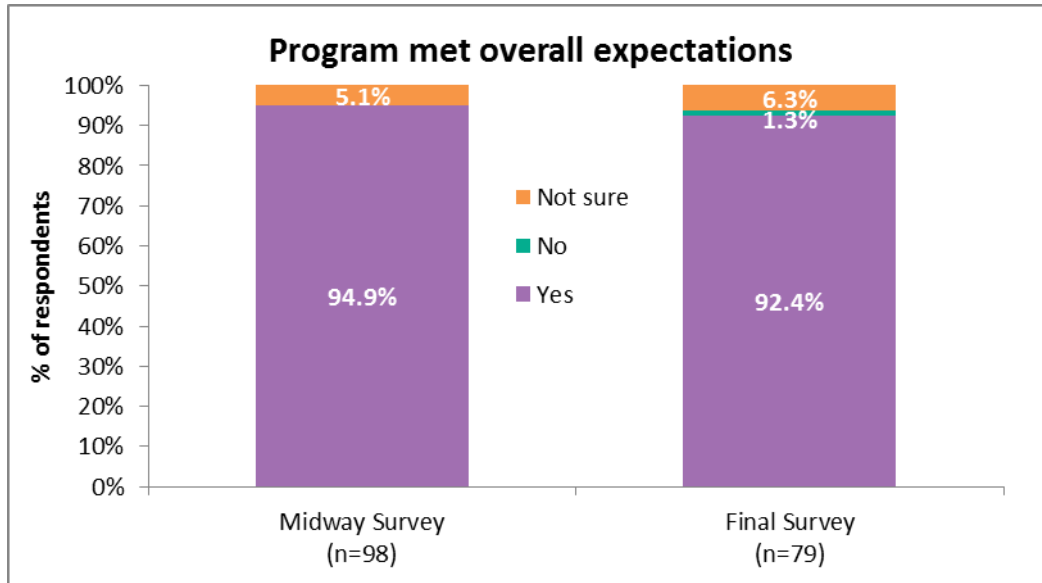
Note: Totals do not add to 100% as respondents could provide more than one response

Overall expectations met

The majority of respondents to the final survey indicated that the program met their overall expectations (92.4%). Only one respondent indicated that the program did not meet their overall expectations and their reason why was: "I did not like laying near the dog poo. The balls from cricket were dangerous too."

Almost all respondents to the midway survey indicated that the program was meeting their overall expectations (94.9%).

Chart 14: Overall expectations met



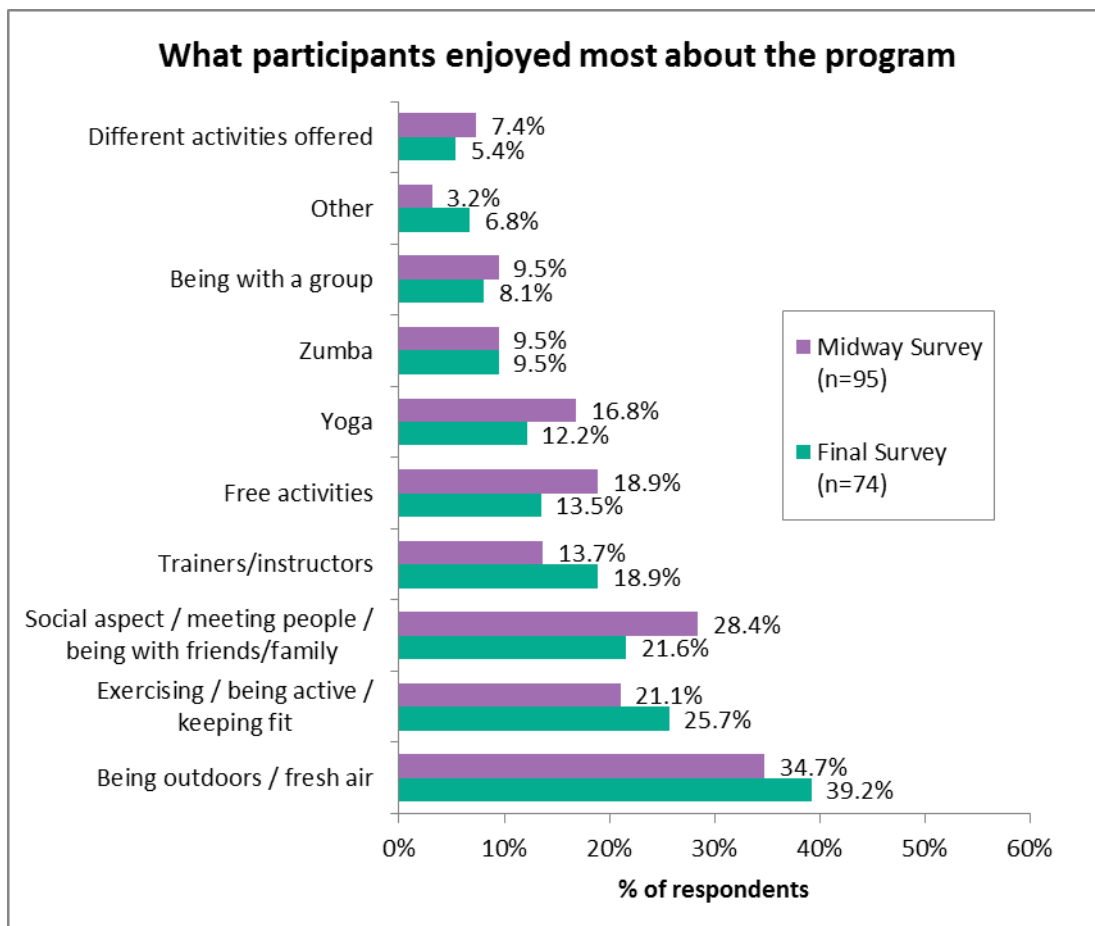
What participants enjoyed most about the program

Respondents were asked what they enjoyed most about the Be Outdoor Active program. Almost all respondents to the final survey provided comments to this question (74 respondents) and only 5 did not. For those respondents that commented, two out of five enjoyed 'being outdoors/fresh air' the most (39.2%). Around one quarter of respondents mostly enjoyed 'exercising/being active/keeping fit' (25.7%) and just over one fifth enjoyed the 'social aspect / meeting people, being with friends/family' (21.6%). Just under one fifth of respondents really enjoyed the 'trainers/instructors' (18.9%).

For the midway survey 95 respondents provided comments to this question and only 3 did not. For those that commented, half way through the program, more than one third of respondents were enjoying 'being outdoors/fresh air' (34.7%), over one quarter were enjoying the 'social aspect / meeting people, being with friends/family' (28.4%), just over one in five were enjoying 'exercising/being active/keeping it' (21.1%), and almost one in five were enjoying the 'free activities' (18.9%).

(Verbatim comments provided by respondents on what they enjoyed most about the program can be found in the appendices)

Chart 15: What participants enjoyed most about the program



Note: Totals do not add to 100% as respondents could provide more than one response

What needs improvement or should be changed about the program

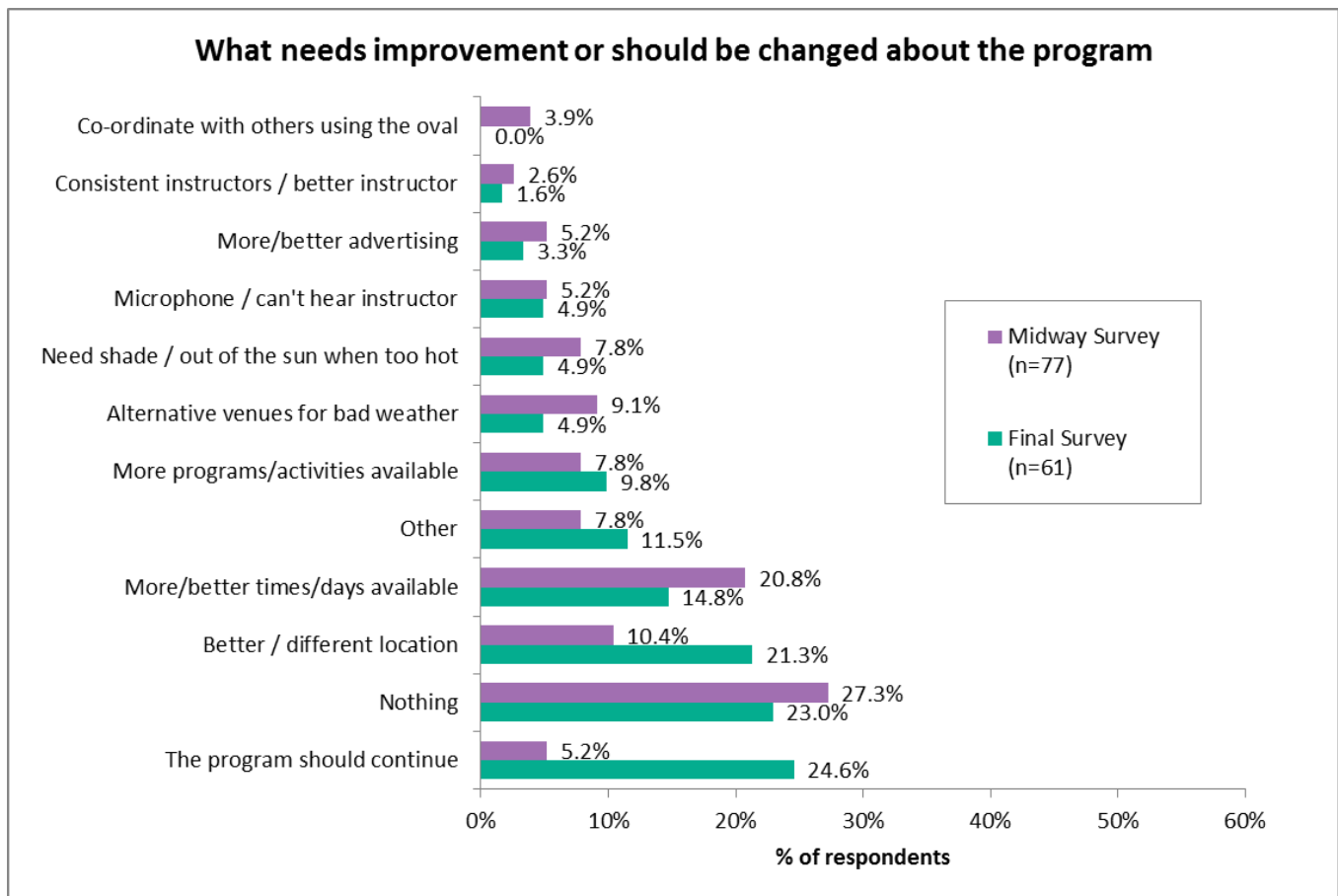
Respondents were asked what they feel needs improvement or should be changed about the Be Outdoor Active program. The majority of respondents to the final survey provided comments to this question (61 respondents) and 18 did not (22.8% of respondents). For those respondents that commented, around one quarter felt that the program should be continued (24.6%) or that 'nothing' needed to be improved (23.0%). Just over one in five respondents thought there could be a 'better/different location' offered (21.3%) and 14.8% would like to see 'more/better times/days available'. Around one in ten respondents would like to see 'more programs/activities available' (9.8%).

For the midway survey 77 respondents provided comments to this question and 21 did not (21.4% of respondents). For those that commented, more than one quarter were happy with the program and felt that 'nothing' needs improvement (27.3%). One in five respondents would like to see 'more/better times/days available' (20.8%). Just over one in ten respondents want a 'better/different location' than the one offered (10.4%) and slightly less than one in ten would like the availability of 'alternative venues for bad weather' (9.1%).

Some suggestions offered for 'more/better times/days available' included more evening times, later evening starting times, weekend sessions, more sessions in general, and days/times to accommodate those who work full time. Some suggestions for a 'better/different location' included having a special area of the park dedicated to the activity, flatter surfaces, no rubbish/debris, and manicured areas. Suggestions for 'more programs/activities available' include having a wider range of activities available that accommodate people of all ages, genders and abilities, those who work, and those who stay at home and/or have children.

(Verbatim comments provided by respondents on what they feel needs improvement or should be changed about the program can be found in the appendices)

Chart 16: What needs improvement or should be changed about the program



Note: Totals do not add to 100% as respondents could provide more than one response

Participants' fitness/leisure changes following the program

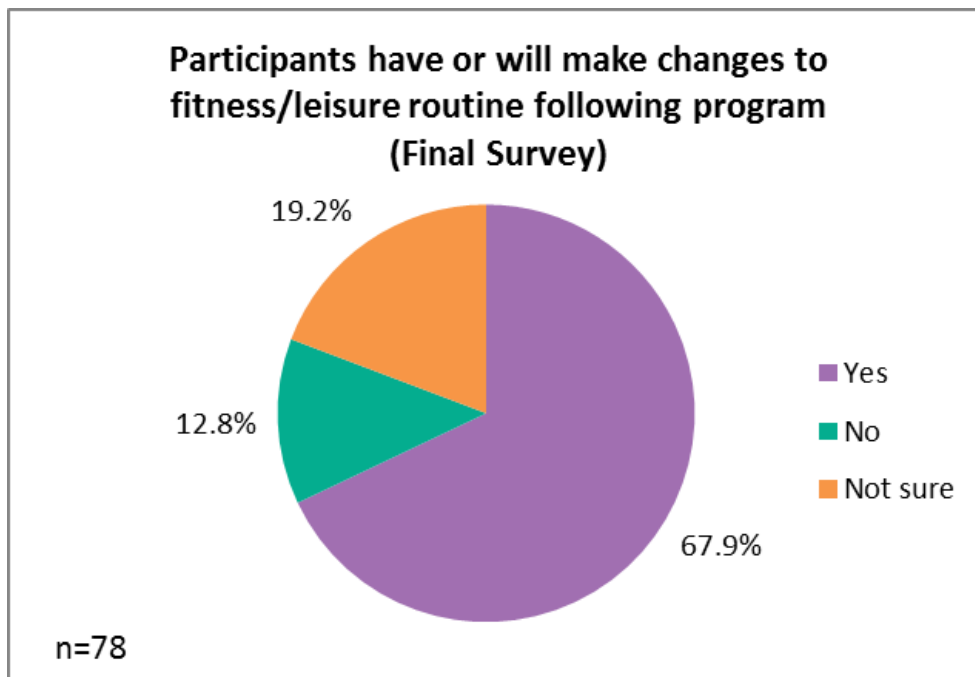
More than two thirds of respondents have made or will make changes to their fitness/leisure routine now that they have participated in the program (67.9%). One in five respondents (19.2%) are not sure if they will make changes to their fitness/leisure routine and 12.8% will not.

Of those respondents that have made or will make changes to their fitness/leisure routine after participating in the Be Outdoor Active program, some changes include; walking/cycling more, doing yoga at home, joining a yoga class or exercise class, joining a gym, and just start exercising.

Of those respondents that indicated they won't or will not make changes to their fitness/leisure routine following the Be Outdoor Active program, the most common reason why is that they already do enough exercise.

(Verbatim comments provided by respondents on their fitness/leisure changes or reasons for no changes can be found in the appendices)

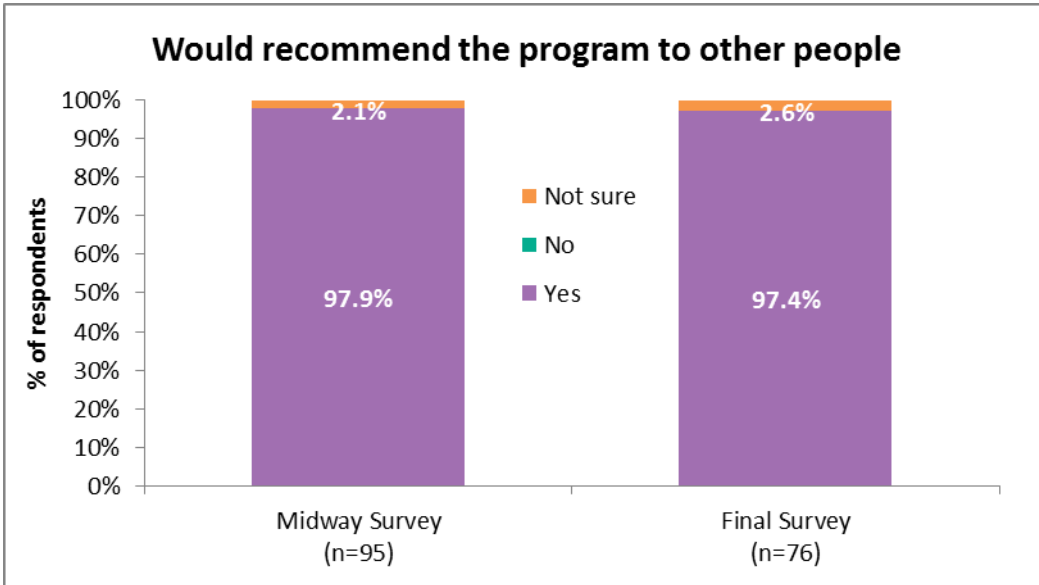
Chart 17: Participants' fitness/leisure changes following the program – Final Survey



Would recommend the program to other people

Almost all respondents to both the final survey (97.4%) and midway survey (97.9%) would recommend the program to other people.

Chart 18: Would recommend the program to other people

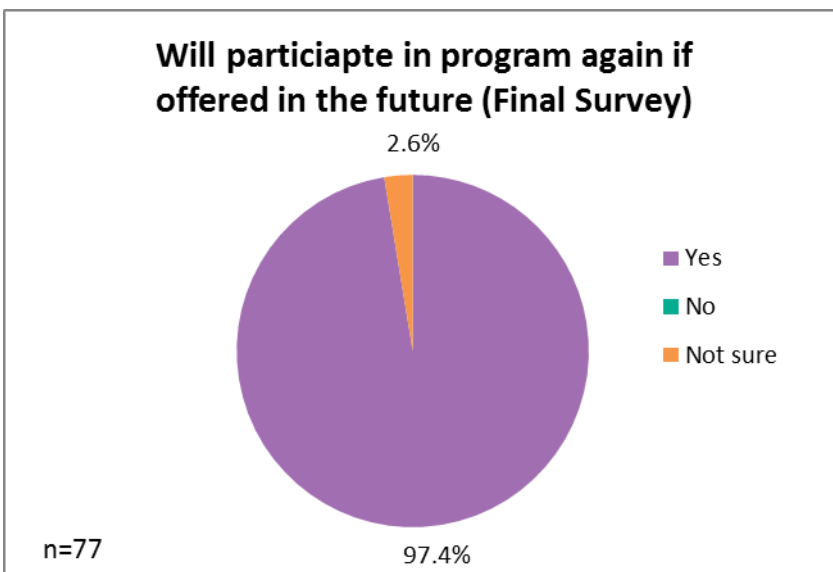


Future Be Outdoor Active Programs

Would participate in program again if offered in the future

Almost all respondents would participate in the program if offered again in the future (97.4%).

Chart 19: Would participate in program again if offered in the future – Final Survey

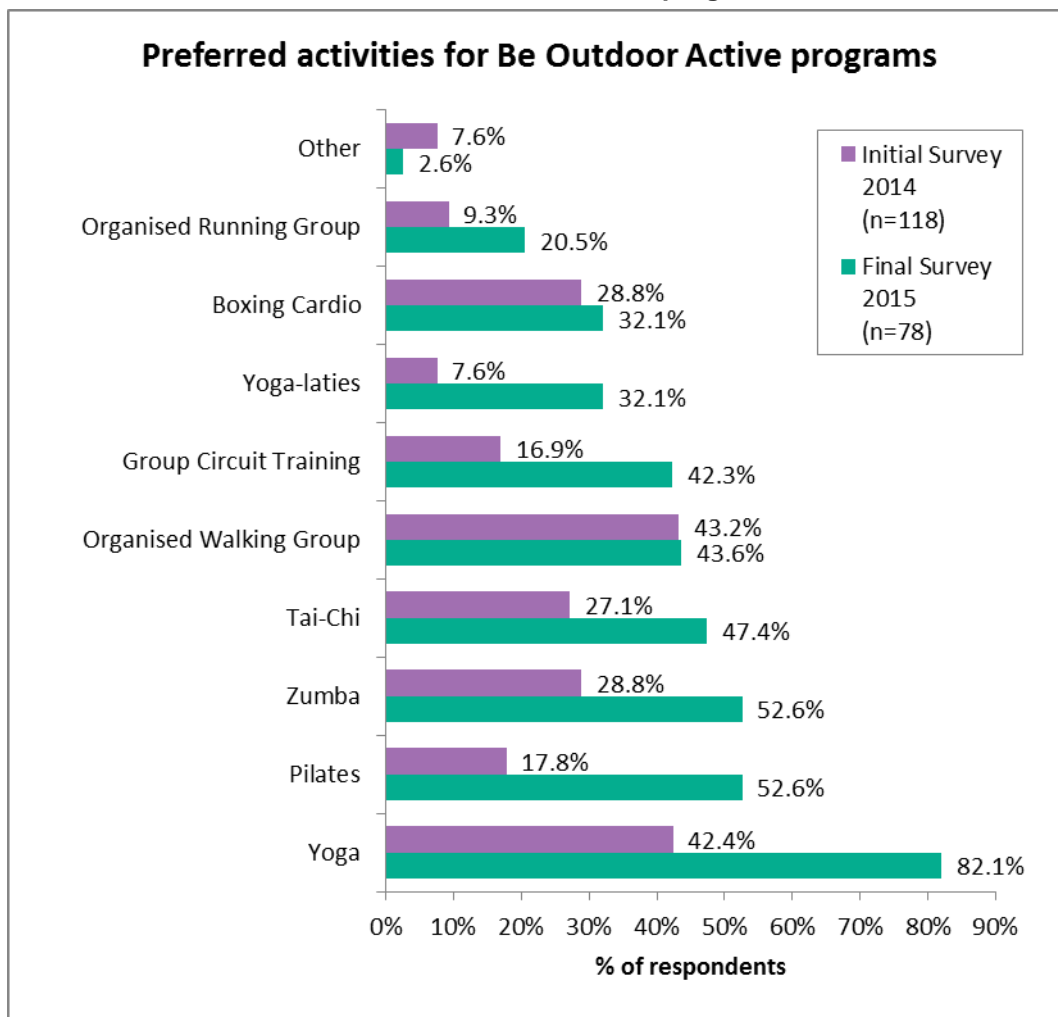


Preferred activities for future Be Outdoor Active programs

Respondents to the final survey were asked which activities they would like to see as part of future Be Outdoor Active programs. Four out of five respondents would like to see ‘Yoga’ (82.1%) as part of future Be Outdoor Active programs. Around half of respondents would like to see ‘Pilates’ (52.6%), ‘Zumba’ (52.6%) or ‘Tai-Chi’ (47.4%). Around two in five respondents would like to see an ‘Organised Walking Group’ (43.6%) or ‘Group Circuit Training’ (42.3%), and one third of respondents would like to see ‘Yoga-laties’ (32.1%) or ‘Boxing Cardio’ (32.1%). One ‘other’ suggestion was ‘Karate / Tae-Kwon-Do’.

In the initial *Be Outdoor Active Survey 2014* (conducted in December 2014), the most popular free, outdoor activities respondents indicated that they would like to participate in were an ‘Organised Walking Group’ (43.2%), ‘Yoga’ (42.4%), ‘Zumba’ (28.8%) and ‘Boxing Cardio’ (28.8%).

Chart 20: Preferred activities for Be Outdoor Active programs

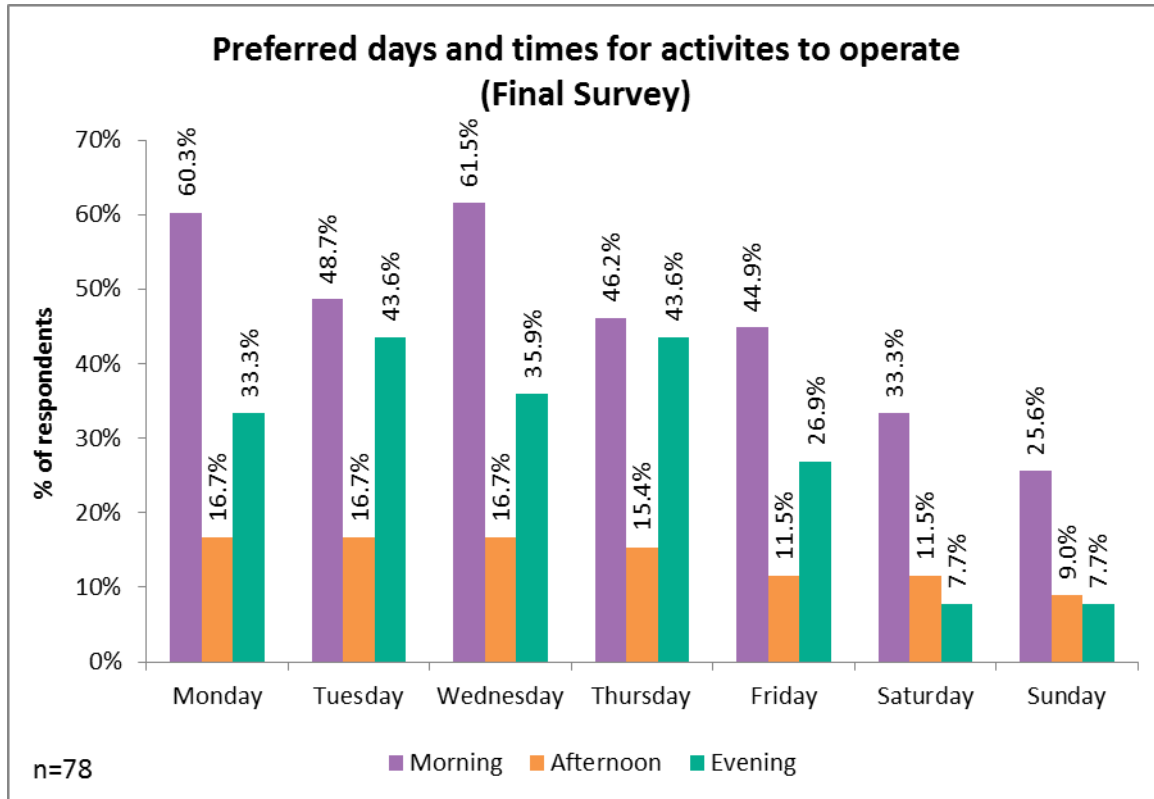


Note: Totals do not add to 100% as respondents could provide more than one response

Preferred days and times for activities to operate

Across all time slots (morning, afternoon and evening), weekdays are more popular for the Be Outdoor Active activities to operate rather than weekends. The best time slots during the weekdays are the morning, followed by the evening and then afternoon. For the weekends, the best time slots for attending activities are in the morning, followed by the afternoon and then evening.

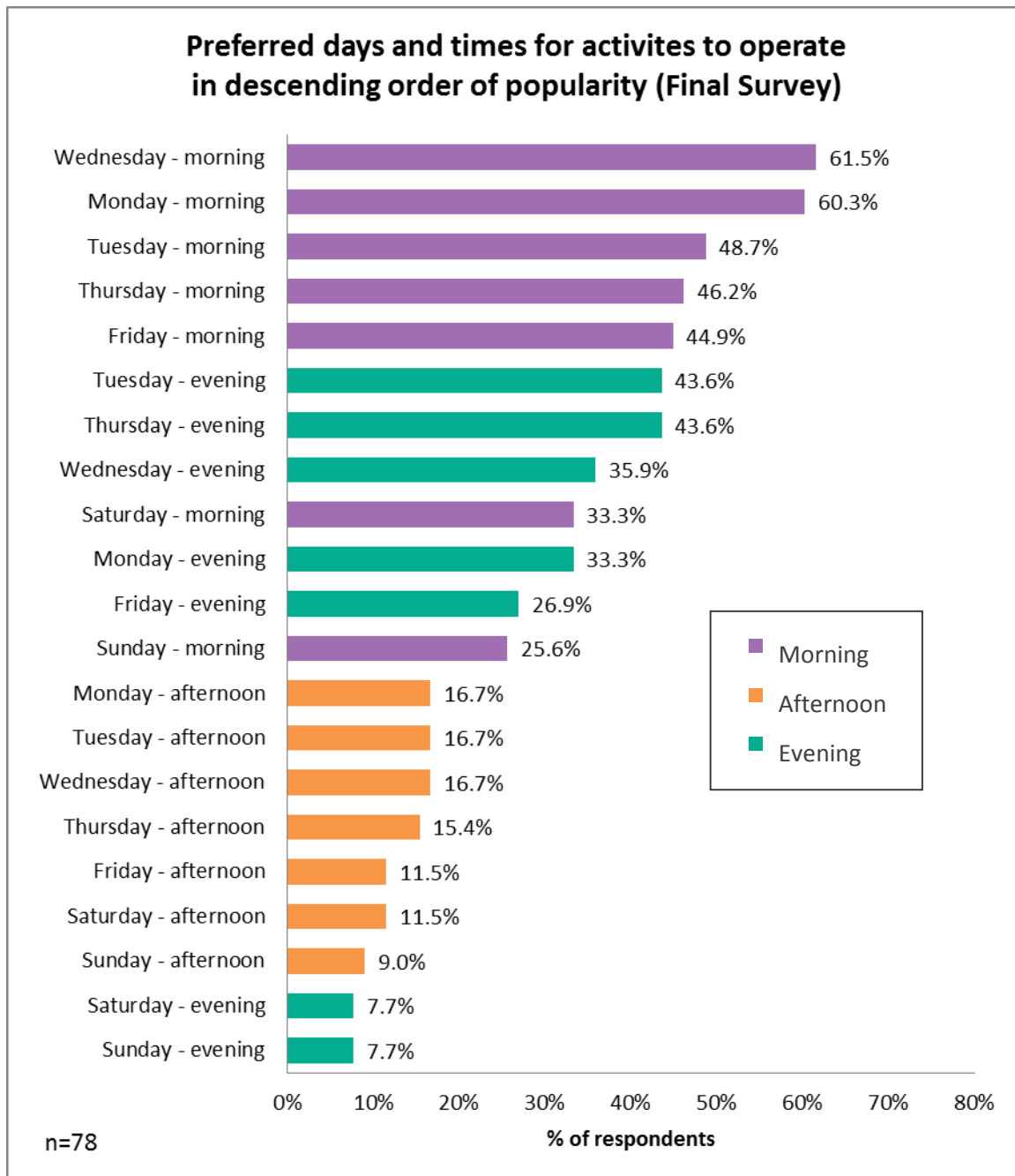
Chart 21: Preferred days and times for activities to operate – Final Survey



Note: Totals do not add to 100% as respondents could provide more than one response

Across all days and time slots the most popular two, preferred by three out of five respondents, are Wednesday morning (61.5%) and Monday morning (60.3%). The next best days and time slots, preferred by just under half of respondents, are Tuesday morning (48.7%), Thursday morning (46.2%) and Friday morning (44.9%). Just over two out of five respondents like Tuesday evening (43.6%) and Thursday evening (43.6%) the best. One in three respondents prefer Wednesday evening (35.9%), Monday evening (33.3%) and Saturday morning (33.3%). One quarter of respondents like Friday evening (26.9%) and Sunday morning (25.6%) the most.

Chart 22: Preferred days and times for activities to operate (in descending order of popularity) – Final Survey



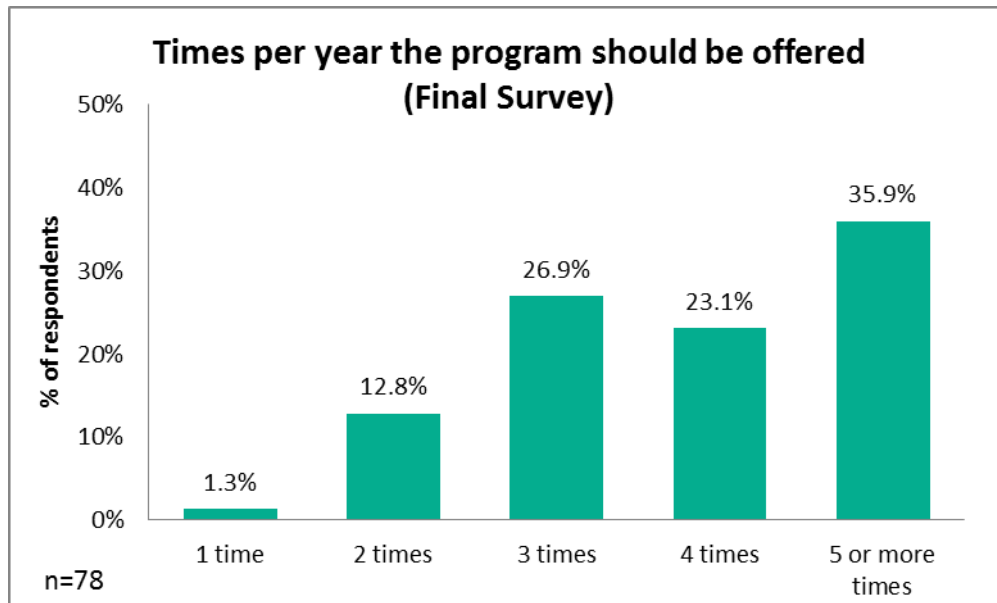
Note: Totals do not add to 100% as respondents could provide more than one response

Times per year the program should be offered

More than one third of respondents would like to see the Be Outdoor Active program offered five times a year or more (35.9%). Just over one quarter of respondents would like to see it offered three times per year (26.9%) and slightly less than one quarter of respondents would like it offered four times per year (23.1%).

Only a very small proportion of respondents want the Be Outdoor Active program to be offered only once per year (1.3%).

Chart 23: Times per year the program should be offered – Final Survey



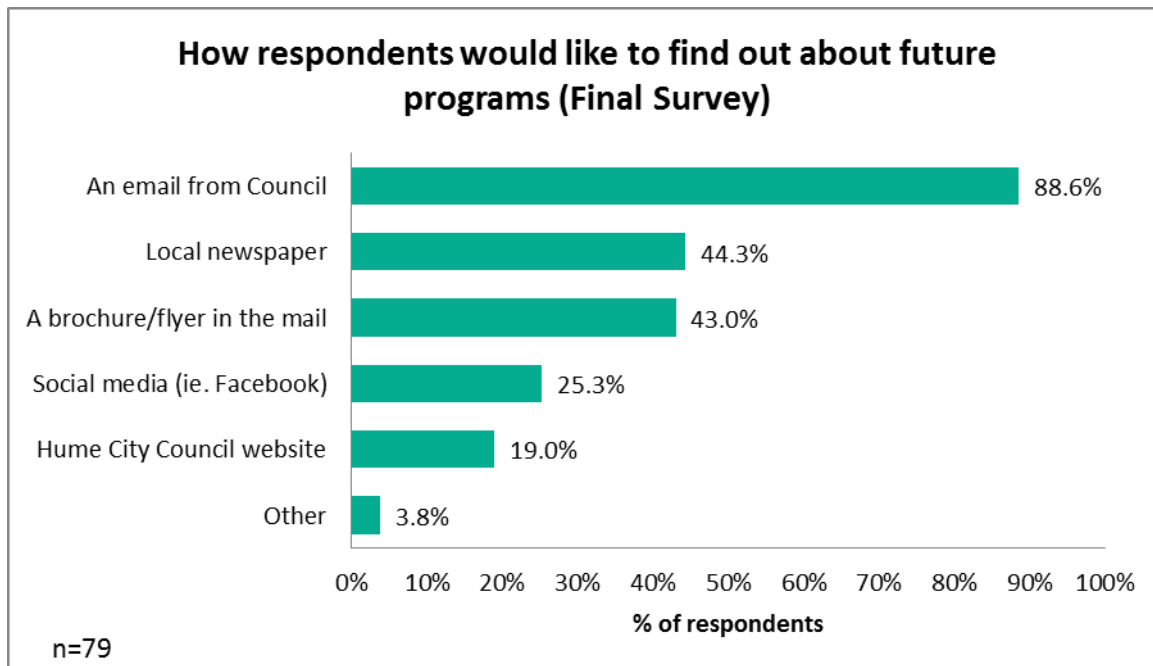
How respondents would like to find out about future programs

The majority of respondents, almost nine in ten, would like to find out about future Be Outdoor Active programs via an email from Council (88.6%). Around two in five respondents would like to receive information though the local newspaper (44.3%) or a brochure/flyer in the mail (43.0%). One quarter of respondents would like to receive information via Social media (25.3%) and one fifth through the Hume City Council website (19.0%).

‘Other’ suggestions included:

- Brochure/flyer in different locations across Hume (eg. shopping centres).
- More promotion in local community centres, cafes, neighbourhood houses etc. for those who may not be online. Also signage at the event.
- The more advertising the more people will find out.

Chart 24: How respondents would like to find out about future programs – Final Survey



Note: Totals do not add to 100% as respondents could provide more than one response

General Comments

Additional comments on the Be Outdoor Active program or leisure/recreation in general

Respondents were given the opportunity to provide comments about the Be Outdoor Active program or leisure/recreation in general. There was a general consensus that the program was fantastic and great fun. Respondents thanked the Council for the great initiative, excellent instructors, the opportunity to try something new and for free, and asked that the program be continued.

(Verbatim comments provided by respondents on the Be Outdoor Active program and/or leisure/recreation in general can be found in the appendices)

APPENDICES

Appendix 1: Verbatim comments for overall program rating – Final Survey

Appendix 2: Comments for program aspect ratings – Final Survey

Appendix 3: Comments for program aspect ratings – Midway Survey

Appendix 4: Comments for what participants enjoyed most about the program – Final Survey

Appendix 5: Comments for what participants enjoyed most about the program – Midway Survey

Appendix 6: What needs improvement or should be changed about the program – Final Survey

Appendix 7: What needs improvement or should be changed about the program – Midway Survey

Appendix 8: Fitness/leisure changes participants have or will make following the program – Final Survey

Appendix 9: Reasons for not making fitness/leisure changes following the program – Final Survey

Appendix 10: Additional comments on the Be Outdoor Active program or leisure/recreation in general – Final Survey

Appendix 11: Additional comments on the Be Outdoor Active program or leisure/recreation in general – Midway Survey

Appendix 12: Be Outdoor Active Program Final Evaluation 2015 (Final Survey)

Appendix 13: Be Outdoor Active Evaluation 2015 (Midpoint Survey)

Appendix 1: Verbatim comments for overall program rating – Final Survey

Rating	Comment
Excellent	A variety of activities that challenged me and every week was different.
Excellent	All the classes I attended were fun and well run.
Excellent	All the instructors are very good. We get fitness along with a lot of fun with fellow council residents.
Excellent	Because I enjoyed being outside and with great people and an outstanding trainer. Keep my mind and body busy outside kids.
Excellent	Because I enjoyed it so much and it got me motivated after my total knee replacement.
Excellent	Because it is a good way to be active, meet new people and to try something different.
Excellent	Believe the program has encouraged those who wouldn't normally go to a class.
Excellent	Enjoy the activity very much. Compliment to the instructor.
Excellent	Fabulous opportunity to get free yoga class in the outdoors, interesting to see a good cross section of participants and excellent instructor.
Excellent	Good instructors. Good location. Good vitamin D.
Excellent	Great doing it in the outdoors, instructor very good adapting poses for people as well it was free!!!
Excellent	Great for the community and no pricing. I had to stop due to a car accident.
Excellent	Great instructor. Wonderful to meet and enjoy this activity with a very pleasant group of people.
Excellent	Great instructors. Loved the group!
Excellent	Great opportunity to try something new.
Excellent	Great yoga teacher, great class for beginners letting us progress at our own rate through the weeks, and we had perfect weather each week !!
Excellent	I am becoming fit and active.
Excellent	I enjoyed doing yoga outdoors in the fresh air. We were very lucky that the weather was great for the entire 8 weeks, but having done yoga indoors on other occasions, I would prefer to practice this outside.
Excellent	I had such a fun time - doing an activity that I had always wanted to try. ■■■ the instructor was wonderful.
Excellent	I have just loved the program from start to finish. I have never exercised before and it has given me massive motivation to exercise regularly even without the program.
Excellent	I like the instructors of Zumba and Yoga, particularly ■■■ (Zumba) is so cool and amazing.
Excellent	I love the instructor of yoga.
Excellent	I thought the instructors were excellent and it was great to be outdoors doing an activity.
Excellent	I was getting fit and having fun at the same time and meeting new people.
Excellent	It got myself and my mate off our rears.
Excellent	It has been wonderful discovering yoga and enjoying these classes with both the Instructor and my husband.
Excellent	It suits my needs. Location, time, venue everything suits my needs. Trainers are good.
Excellent	It was a good workout with good instructors. Very good way to get involved and be active.
Excellent	It was close to home, it was outdoors, it was free, the program was at a beginners level and easy to follow.
Excellent	It was enjoyable to be out in the open practicing Yoga - very relaxing and felt great after program.
Excellent	It was free and a great opportunity to meet other community members and try out what it's like to do an outdoor exercise program.
Excellent	It was just fantastic. Very healthy activity to develop a healthy community.
Excellent	It was nice to be able to do the gentle exercise of yoga in an outdoor setting.
Excellent	It was really good. Instructors were very active and they involved every person very much. We feel very good and energetic.
Excellent	It's good.
Excellent	Location is near my house. Instructor is fantastic. I love it!
Excellent	Love it, the teachers are excellent. Timing is perfect for parents. The most important thing is it's free!!!
Excellent	Loved the activities; made me feel healthy.
Excellent	Loved the fact it was outdoors and great initiative by council!
Excellent	Loved the program. Great that it was free! Great teachers! Great fun & fitness!
Excellent	Professional trainers and training. Very helpful for my personal health.

Excellent	██████ has been really good with the group. Accommodating the needs of the various fitness levels. The other participants are really nice too. We work hard but also have a laugh and fun.
Excellent	Teachers are excellent. The program is excellent. Looking for so long want to dance and make local friends.
Excellent	The instructor of zumba, ██████ is amazing. She has a right energy to us.
Excellent	The instructors are great and great incentive to exercise.
Excellent	The instructors for yoga in ██████ are amazing. As is the instructor for the fitness class in ██████. I had the most amazing time. They are gentle and caring and sensitive to people. But I went to the ██████ Zumba class once but didn't like the instructor as ██████ seemed to be dancing by ██████ and everyone else had to catch up - ██████ seemed to be in ██████ own little world.
Excellent	The people in the group plus the instructor was excellent.
Excellent	The yoga classes with ██████ have been excellent. Doing yoga outdoors is something new for me which I'm absolutely enjoying.
Excellent	The Zumba instructor was terrific, the sound was good, welcoming, friendly, FREE!!
Excellent	Trainer was very enthusiastic and encouraging.
Excellent	Very enjoyable. Good weather.
Excellent	Very good idea. Good way to try out exercise programs over an extended period for no money. Has inspired me to join a gym and continue to keep fit.
Excellent	Very good organized.
Excellent	Well organised - within my capabilities - right time 6.30pm.
Excellent	Well organized and offering a variety of activities.
Good	Because I've heard and attended to the program very late and I've still enjoyed them very much.
Good	Good opportunity to try some different activities.
Good	Good program but probably starts a bit late and surface of park is a bit uneven.
Good	Great initiative for local health/wellbeing.
Good	I enjoyed the yoga session and would have been excellent if we could have had relaxation time at the end.
Good	I was not able to assist to all the sessions to increase my rating, sorry.
Good	It seemed well run and organised.
Good	It's good to have this program outdoor activities for ladies, not just in summer also it's good in winter too and more organises time and place.
Good	Only one class last week however instructor was very good, participants ranged from early 20s to their 70s and 80s and she gave everyone different options was very clear and walked around to help everyone very pleasant.
Good	Room for improvement - indoors maybe - away from birds and ants.
Good	Staff are friendly and encouraging. It's a great initiative and I believe many have benefited - including me!
Good	The instructor was very enthusiastic and it catered for all the people there. Great to exercise outdoors.
Good	Was a great free activity but hours meant I could only attend yoga.
Adequate	It was free so complaints can't really be made - but I felt that the instructors pushed people too hard or were doing their own thing and not paying attention when a lot of people were struggling with an activity. I came because I thought it would be a more casual and social way to exercise.
Adequate	Lots of different instructors.
Adequate	Outdoor venue needs to be linked with a Leisure Centre. e.g. SALC has a grassed area and a link to park.

Appendix 2: Comments for program aspect ratings – Final Survey

Advertising/marketing of the program (ie. posters, flyers, news media)	
Excellent	Found flyers at nearly all Hume council facilities in Craigieburn.
Good	Could be advertised a little more.
Good	Flyers at shopping centre and many other business in the area will increase the attendance.
Good	I saw it at my gym, but a lot of people did not know about it in Hume.
Good	Would be good in other languages with pictures of local people and parks (perhaps could use images from this year's program next time).
Adequate	Didn't see in local paper.
Adequate	I had spoken to a lot of people who hadn't heard of it.
Adequate	I hadn't seen anything but I work fulltime and only checked local papers, may have missed it.
Adequate	If a friend didn't tell, I wouldn't have known about it.
Adequate	More wider broadcasting as many friends were not aware of the activities.
Poor	Fifty percent of the participants tend to be office workers. Perhaps community members could be better targeted.
Poor	I came to know about it when I'd gone to inquire about the swimming lessons for my girl.
Poor	If I didn't attend to gym recently I wouldn't know about these programs.
Poor	There was not enough flyers/posters and information.
Poor	Wish to know it earlier, so that I can join from the beginning.
Registration process	
Excellent	Easy enough.
Excellent	Easy just follow the steps.
Good	Might be good to have alternative ways to register for people with no internet or English as a second language.
Good	No trouble registering..
Good	Sent an email to register.
Good	Very easy online registration.
Adequate	Other than original online enrolment, the process was confusing with medical forms etc.
Poor	Being able to only register online has been a barrier for some residents I know.
Type of activities offered	
Excellent	Enjoyed yoga and group fitness.
Excellent	Exercise Boxing would also be good.
Excellent	I enjoy [redacted]'s variety of exercises
Good	Gentle yoga and more vigorous activity through Zumba.
Good	Good mix of activities - predominantly older women in my group which suggests the activities may not appeal or are not appropriate for other age groups/genders/ability?
Good	Great for all levels of fitness.
Good	Wish there were more classes offered over different days.
Adequate	Would have liked night classes for Yoga and Zumba in Sunbury.
Park/garden where the activities were held	
Excellent	Convenient distance for me.
Good	Maybe a bit bumpy.
Good	The area designated for yoga was a bit rugged and therefore difficult to comfortably do some of the exercises.
Good	Too close to people playing cricket.
Good	Town park had quite a lot of rubbish.
Good	Was good but not the timing with cricket.
Good	We share the group with various groups- cricket, football, step into life.
Adequate	Clashed with cricketers who weren't willing to share.
Adequate	Fresh air was nice, but uneven grounds not good for jarring joints in Zumba, and painful for yoga.
Adequate	Park was shared with other activities having preference.
Adequate	Sometimes the weather is inappropriate.
Adequate	Uneven surfaces difficult to run on.
Adequate	Zumba - needed a shaded area.
Poor	Needs to be flat. Indoors is better.

Poor	Not the nicest environment (behind the leisure centre) but that wouldn't stop my participation. Maybe having the yoga session a bit further away from the carpark for a noise aspect.
Days of the week the activities are run	
Excellent	Fit for all ages.
Excellent	Since I am a housewife, suits me.
Good	Could not do it any other day than Thursday.
Good	Flexible.
Good	More Yoga & Zumba classes would be great.
Good	Morning a good time.
Good	Unfortunately I did have some clashes with time but next time I will make sure that I find out well in advance the times and dates.
Adequate	I found the 10 o'clock ones suited me a lot more than the 6.30 session, when I would be quite often too tired to attend.
Adequate	More yoga classes and fitness classes.
Time of the day the activities are run	
Excellent	The yoga and zumba were 10 am which was great. The other activity was not at a convenient time (pm).
Good	I like it at this time.
Good	If it is around 9.30 am would be much more convenient.
Good	The 10am were great; evening was too difficult with children and dinner time.
Good	We can still do and attend some other appointments.
Good	Would prefer an earlier start time, eg. 6.00pm classes.
Adequate	More after hours.
Adequate	Would be good to have some early morning (before work) and early evening (after work).
Adequate	Would hope that there was another session that day/week at a later time.
Poor	After lunch or night are the best.
Length of time for each activity session (1 hour)	
Excellent	Anything less than an hour is not worth leaving home for.
Excellent	Good for the body.
Excellent	One hour is more than enough.
Good	No longer.
Good	Yoga 1hr is good including meditation, but Zumba was a bit too much for me doing a whole hour with very little cool down/stretch time.
The length of the program (8 weeks)	
Excellent	Although I wish it could continue every week all year round.
Excellent	If it will be ongoing..
Excellent	It is good because people will get used to a good habit in an 8 week period.
Good	A good time to learn.
Good	Could be 12 weeks.
Good	I would like it to have gone on indefinitely/permanently as I have lost some weight and my body doesn't feel as stiff as before I started, so generally it actually makes people healthier without costing a lot of money which a lot of gym memberships call for. I must admit also that I got a lot more out of it than when I was going to a gym.
Good	Wanted more.
Good	Would be great to see the program extended.
Good	Would be nice if it could be regular.
Good	Would have liked it to be longer.
Adequate	As I just found it out, I really wish they can continue for next term.
Adequate	Should be right throughout the year, in order for us to be more healthy & fit.
Poor	Should be ongoing! Except indoors so not dependant on weather.
Poor	Wish it was ongoing, not stopping.
Don't know	Hope to see repeat of this soon.
Not stated	It would be great as "permanent" rather than ending at 8 weeks.

Instructor/trainer	
Excellent	All are patient and awesome, and very professional.
Excellent	For yoga and fitness class they were amazing people.
Excellent	I recommend [REDACTED] instructor in Zumba
Excellent	[REDACTED] was excellent. Very kind and welcoming.
Excellent	Loved [REDACTED] as a trainer.
Excellent	[REDACTED] has been fantastic with our group! Lots of variety and lots of fun.
Excellent	The group fitness instructor [REDACTED] is fantastic and there have been 3 great Zumba instructors out of the 5 different ones we've had. It would have been nice to keep the same instructor for the duration but it didn't affect things too much.
Excellent	Zumba instructor is very good.
Good	Frequent changes with the trainers for Zumba was not the best. Yoga was fabulous.
Good	Instructor for Yoga : Excellent Instructor for Zumba : Good... (though [REDACTED] was excellent).
Good	[REDACTED] was good.
Adequate	Instructors need to be aiming at real beginners, most of the participants that I saw were new to exercise.

Appendix 3: Comments for program aspect ratings – Midway Survey

Advertising/marketing of the program	
Excellent	Everybody can read because it is distributed in every house.
Good	Some more internal (council) advertising during the program/reminders for staff yet to try it out, would have been good.
Adequate	Only noticed ad by accident.
Adequate	Would be good if flyers were in main languages, pictures of local people, people in traditional dress. The rules said you had to be healthy to participate but what about if you have an underlying condition? This may have come across as a barrier to participation for some people.
Poor	Didn't know anything about it until almost the end. Wish to know earlier.
Poor	Didn't really know about it until friend told me.
Poor	Don't know about the rest but I didn't come to know of it until I'd gone to inquire about the swimming lessons.
Poor	I have only seen the Hume webpage advertising.
Poor	I saw only one poster, but then I'm not into other media so may have been more on facebook, etc.
Poor	If not for the friend's reference I wouldn't have known about it.
Don't know	I found out about this through a family member at council, I did not see any other advertising.
Registration process	
Excellent	Easy.
Excellent	Everybody can access, through mobile, home phone and internet.
Excellent	Registration was online and easy.
Excellent	Very easy to register online.
Good	Very easy.
Adequate	Would be good for community members who don't speak much english if there were ways to register via Council customer service.
Type of activities offered	
Excellent	Activities are terrific, varied and fun.
Excellent	Your body, health and soul benefitting with those programs.
Good	Could have more options. e.g. walking groups etc.
Good	It would be great if it specified all abilities welcome, babies welcome and classes for different age groups (eg. for young people) - my class is mainly older people.
Don't know	██████ has been fantastic with us. We have a big variety of participants and she caters to all of us.
Park/garden where the activities are held	
Good	Clashed with cricketers who were very rude about sharing the park & oval.
Good	Ground is very uneven in Craigieburn park.
Good	Just need to clean up litter prior to class.
Good	More grass area in shade would be better for Yoga.
Good	Perhaps make sure there is adequate shade when classes are in the heat of the day.
Adequate	Ground sometimes causes problems.
Adequate	I think the yoga should be indoors.
Adequate	It's better if we have a shade outdoors.
Adequate	The park for the Sunbury activities is good for yoga as you are under trees for shade, however it is too hot for Zumba as there is no cover, maybe consider using the hall for Zumba.
Adequate	There are a few hazards in the grass, eg. broken glass, used condoms, rubbish etc.
Adequate	Uneven surface difficult at times; clash with cricket players experienced.
Adequate	Very uneven ground.
Poor	There are much nicer green spaces in Sunbury, we are doing Yoga on dirt and bull ant nests!
Very poor	Rough surface.
Days of the week the activities are run	
Excellent	It's flexible, everybody can choose whatever suits them.
Good	Fits in with my schedule. You can't please everyone.
Good	I find a Monday hard for me to make it to Yoga. Would prefer a Friday.
Good	Just because I work at night shift.

Good	Maybe a few more options as I would have liked to do the Yoga but it clashed with my work hours.
Good	Weekends are good too.
Adequate	Just find the 6.30-7.30 session hard to get to, others great.
Adequate	Other days don't suit but difficult to help everyone.
Adequate	Would be nice to have more choice of days.
Time of the day the activities are run	
Good	Daytime suits me.
Good	Early morning is good.
Good	Only complaint is that it is very hot doing zumba in the sun.
Adequate	Doesn't offer many classes to full time workers - hence why I go Broadmeadows yoga and Craigieburn group fitness.
Adequate	I find it difficult to get to the 6.30 session.
Adequate	Sad I couldn't attend some because I work during the day.
Adequate	Would be great to have more early morning and early evening classes.
Adequate	Would like yoga/zumba offered in an evening time slot also.
Poor	5.30pm start (straight from work) would be more suitable.
Poor	I work FT so can only attend the Tues yoga session.
Length of time for each activity session (1 hour)	
Excellent	You can still go to your other appointments.
Good	Early too my body.
Good	Zumba classes can be too long due to the heat.
Instructor/trainer	
Excellent	Have had 4 different instructors over 2 activities & all are excellent.
Excellent	██████ is a wonderful teacher of Yoga - totally enjoy our classes outside.
Excellent	██████ has been excellent.
Excellent	Shame the Craigieburn Zumba instructors keep changing. Would like to have same instructor for the duration.
Excellent	They are both lovely and well worth it they are excellent at their jobs.
Excellent	Very patient and lively.
Good	██████ is very good.
Good	██████ is lovely but she doesn't show "beginners" the techniques they should be using. Perhaps a microphone would be good also.
Good	Very friendly but would have been nice if there was more group building, eg quick intros at each session.
Good	Zumba instructor has been wonderful. Group activity instructor doesn't seem to put any thought into the program and isn't really motivating anyone and has done the exact same thing each week.
Good	Zumba teacher is excellent. She gives a very sample, clear instructions & presentation before, for us to follow on.
Adequate	We had two, the ██████ was good but a bit too serious for me because I don't exercise that often. The ██████ seemed preoccupied with ██████ own exercise and didn't notice that a lot of the people in ██████ (beginners) group were finding the exercises too difficult. At one point ██████ said "if you can't do this, then just do something else" - not sure how this helps? I'm scoring it as adequate because the program was free.

Appendix 4: Comments for what participants enjoyed most about the program – Final Survey

Comments
Achieved what I had been trying to do. Good for fitness. Excellent instructor. Most of fellow participants are around the same age.
All, but for me was not long enough.
Being able to do yoga outdoors and at a time that was convenient for me.
Being able to try yoga for the first time (not sure if there was already classes at the leisure centres). It was outdoors which was a nice change. It was also nice to see a lot of women exercising who may not have come to an exercise class if it wasn't for free. It was good to see big numbers at the yoga classes every week, and see the same faces.
Being accountable to the group inspired me to stick with it.
Being amongst nature.
Being in a group & feeling great after the session.
Being offered for free, being outdoors.
Being outdoors.
Being outside, good companies, excellent instructors.
Being outside, meeting people, doing something for me.
Besides the fact that it was good quality exercise, it was very casual and you could talk to other people or not. All exercises were at the individual's capacity - as there were no expectations or demands of anyone.
Doing something different and being outdoors.
Enjoying exercise.
Everything.
Exercising with friends.
Free- trainer- exercise- getting out of home.
Fresh air exercise.
Fresh air, a chance to participate in a relaxed atmosphere.
Friendly. Fun. Free.
Fun, enjoy and social.
Getting active again after many years of no exercise and it was fun too!
Getting fit.
Getting fit for free in a group setting.
Getting out, exercising and meeting new people.
Great concept.
Great to be active and felt healthy.
Group fitness, being outdoors.
Hard workout.
Having fun while getting fit.
Having something to look forward to which was good for my health, and social too, and that it was free, so I could invite anybody and not worry about costing them money.
Helped to exercise.
I enjoyed being outdoors and I thought the yoga teachers were very professional and informative.
I loved having something free to attend that makes me feel energised and good about myself.
I have never done yoga before so wanted to try it.
Instructors. Location. New friends.
It encouraged me to be more active and enjoy it.
It was outdoors.
It was outdoors and the weather was kind to us. The group was very fun.
It's a great initiative for all to get out and about. I'm enjoying the improved fitness and feeling better for it.
It's fun, and it's filled in my time gap. The teachers are great, they are so friendly and know so much.

Just being outdoors makes you feel relaxed, happy, especially when the weather is good.
Meeting new people and learning new exercises.
Meeting other people and doing something new.
Monday mornings at 10am is a great time to start the working week and I enjoy exercising outdoors.
Music and exercise in one.
Nice early morning sun and fresh air, outdoor exercise.
Outside times.
Program being free was a bonus. Enjoyed zumba & yoga.
Teacher and people attending were all welcoming. No intimidation - very rewarding.
That it was outdoors.
The chance to work out outdoors with a great trainer.
The fact it was outdoors and had not tried Zumba before.
The fact that it was outdoors and as a bonus it was also free.
The instructor taking the yoga classes was very engaging and being able to attend a program outdoors in a park area most relaxing.
The opportunity to be more active while at work.
The outdoor setting. The instructor.
The serenity of the outdoors together with the new experience of yoga was wonderful.
The time could drop kids at school and free but equivalent to paid yoga classes I have attended.
The yoga class. I would enjoy a year-round yoga class at around the same times (Monday mornings).
There was no pressure to do more than you were capable of - it was fun.
To have fun.
Trainer encouraging all participants regardless of ability.
Training outdoors.
Trying new stuff and being outdoors.
Was fun to try a new activity in a relaxed environment.
Yoga.
Yoga.
Yoga.
Zumba.
Zumba.
Zumba.
Zumba classes, music and instructor were very good. Outdoor atmosphere was good, but there was lack of facilities.
Zumba, especially teacher. She gives a very clear instruction before each.

Appendix 5: Comments for what participants enjoyed most about the program – Midway Survey

Comments
Activities.
All activities.
All the activities.
As mentioned in previous response, unfortunately it has not worked for me to participate as planned.
Atmosphere between participants
Being active - being outdoors - time slot - not having to pay the activities are fairly easy and enjoyable - group size is not too large.
Being active and learning new movements/poses.
Being motivated to exercise and meeting new people.
Being out in the fresh air.
Being outdoor, using local amenities to full, proficient trainer.
Being outdoors and getting to do Yoga for free.
Being outdoors, feeling healthy! Really enjoying it!
Being outdoors. Able to participate with others.
Being outside, meeting new people, learning new activities.
Being retired it is good to try various activities other than the Health Club.
Catching up with friends.
Chance to do a Zumba class during the day.
Classes and meeting people interested in activities.
Doing in a group and meeting new people for encouragement.
Doing something different. Good instructions.
Doing yoga out in the fresh air and for no cost. Also, just doing yoga.
Doing yoga outside.
Enjoying being in the moment and outside in the fresh air.
Enthusiastic group of people.
Exercise outdoors as well as having interaction with instructor and other people.
Exercising in a social environment, being outside on a sunny day.
Exercising outdoors.
Feeling much energetic and meeting new people.
Fresh air. But only when weather is good.
Fun social ways to be active. Because it's free it's very motivational. Some places give you free first lesson but having multiple sessions free can really help get into the pattern & build the habit of consistently going.
Getting active with a mate and meeting new people of all ages and race at the same time.
Getting fit in a different environment (outside) instead of being inside the gym or classes all the time.
Getting fit outdoors for free.
Getting fitter with Zumba, while laughing and feeling relaxed at yoga.
Group activity with community.
Has made me get out and actually do something. Superb program, brilliant idea. Before activities end I will be enrolling in paid scheme.
Having fun keeping fit and working as a group.
Having the trainers work you hard.
I am loving being with my husband doing this activity outdoors. It's something new for us to do exercise together. I love that it's at no charge. I think the complimentary t-shirts are great.
I can bring my kids when I have no other arrangements and they are loving it too - maybe we should have a families session.
I enjoy doing it with others out in the fresh air, I find I do not exercise at home alone.
I have only been once. I liked how convenient it was for me (working at Council).
I love the fact it has given me the motivation to exercise every week, meeting new people and the fact that is free.
I really like yoga and it's lovely to do it outside.

I'm doing yoga, and have attended other yoga classes held indoors, but I have really enjoyed doing this activity outdoors in the park. I personally feel that it's more beneficial to be outdoors, in particular during the relaxation session at the end of the class. It's great to feel the wind and sun on your skin and just relax and listen to what's happening around us.
I'm getting fit as well as having fun while doing so, and meeting new people.
Increased physical activity. I'm hoping to maintain a healthy weight and fitness level.
It has given me the motivation to be outdoors and active and has inspired me to exercise without the program as well.
It is about involving yourself in activities that make you feel happy, relaxed and well. The active and the enjoying style of the workout no matter what the fitness level is. This Program helps to motivate and to improve.
It's free.
It's great to be outside, instructor is very good, meeting other people and it's free!!!
It's in a group activity.
It's just great fun, love being outside, will be sorry when it ends.
Just getting fit and the surroundings are relaxing.
Keeping me fit and motivated to continue with exercising. Working in group.
Learning a new activity.
Lots of fun, the ground where we do it is a little hard and uneven sometimes. Great instructor.
Love doing the yoga outdoors. Enjoying getting active again and that it is free too! It's a fantastic program!
Love how hard we pushed and give harder & idea to see.
Makes a good start to the week - being Monday morning. Instructor is excellent. Yoga session is not too difficult making it accessible to all ability levels.
Meeting local residents!
Meeting other people and exercise.
Meeting people.
Moving, it's been long time since I did my last exercise class.
Outdoor activities, meeting people, variety of exercises.
Personal time for myself before the working week begins.
Regular activities. Fresh outdoors. Meeting people and FREE.
Starting my working week with yoga.
That it is free.
That it is free and outside.
The activities are fun. We have a good group too. [REDACTED] is a fun instructor.
The different activities & meeting other people. The instructor is very good giving us variety.
The fact it's outside, but have a facility close by if the weather's bad, and it's free.
The fitness gains are already evident only after 3 sessions. Loving being outdoors and we have been very lucky with the weather. Opportunity for free sessions is also another plus. Also enjoy exercising with other people for the social aspect.
The instructor pushes but in a good way.
The instructors. The instructions. The location.
The instructors were great and allowed people to do it at their own pace. My balance is improving and I am more flexible.
The most enjoyable part is that they are outdoor activities and compare to indoor it's more refreshing and fun. Instructors are excellent and please keep organizing these outdoor activities at least once a year in summer.
The obvious, being outside in the fresh air doing Yoga - it is very calming and find I leave the class feeling very calm and energised.
The Spirit of the program. The instructors and co-participants are very encouraging and inspiring.
The variety. Nice doing it outside and the fact it is free is a bonus.
The zumba class, it's a good form of exercise just like dancing but then actually we are exercising.
The Zumba program has been very enjoyable and I know a number of people would never have even tried it if it hadn't been free. It is also wonderful to be getting some fresh air whilst exercising and wonderful that we can bring our children along as well, encouraging physical activity for them and not having to worry about baby sitting to be able to take part, making it a great family activity.
There were a few people when I went.
Working out in a group setting that is relaxed. No pressure of the financial aspect as I have seen group sessions are very expensive.

Yoga.
Yoga.
Yoga.
Yoga.
Yoga sessions.
Zumba.
Zumba & Yoga.
Zumba & Yoga.
Zumba with [REDACTED].
Zumba, and Yoga.

Appendix 6: What needs improvement or should be changed about the program – Final Survey

Comments
A portable microphone would be helpful to hear the Instructor. Longer period than 8 weeks. It's not enough. We enjoyed it so much we want more!!!!
Area for yoga.
As stated previously a 6pm start rather than 6.30pm would be better, as it has been getting quite dark towards the end of the session the last couple of weeks. Also perhaps a specific area of the park could be manicured to stop some of the bumpiness/dryness of the surface.
Better advertising.
Better facility.
Continued longer than 8 weeks.
Craigieburn park needs more trees. Grounds needs to be flatter.
Dedicated and appropriate area for the activities.
Even, clear surfaces as running and exercising is a little difficult on uneven and debris littered surfaces.
Grassed area needs to be: clean from dog poop, not too many prickles, nowhere near cricket balls.
Hope it continues sometime - people speaking are happy to pay for it to continue.
I know it is called the "Outdoor" program, but with the unpredictable weather, would like the indoors option available so that it could be run year round.
I think it could be continued on, rather than ending after 8 weeks. I have lots of ideas about how that could happen and be more sustainable. I'd like to see more "unfit" or socially isolated people joining in.
I think the program should be extended year round.
I would've liked to see another yoga class at Craigieburn Gardens at another time/day during the week to accommodate those who work during the day or shift workers which may increase participation.
I'd like it to happen more often.
If the same trainer could be there for the duration would be good. Changing the time to 9.30 might be convenient to parents, after dropping their children at school.
Instructor could have been louder.
It did seem like it was for beginners as there were breaks in between each song so it wasn't a hard workout.
It met my needs and I think the community would benefit from having a program like that permanently as it's not cheap to attend a couple of classes a week to try and keep healthy especially as you get older.
Just more sessions... A pilates session would also be great.
Just that I would love it to continue.
Keep it going, in an unused hall maybe would be happy to pay nominal fee.
Keep it longer or start in spring again.
Longer periods and maybe twice per week. One in the morning, one in the afternoon/evening.
Make it more casual/social, ask instructors to provide a variety of exercise options not just one size fits all, more organised with forms.
May be indoor for yoga class will be better.
Maybe sometimes, if the weather is bad we should do it inside.
More offering for full time workers.
No.
No.
No.
No.
No.
No - it was well run.
No I particularly enjoyed the yoga program.
No just keep it running every week.
No not really.
No, all good. All year, please.

Not always easy to hear the instructor, especially with cockatoos in Lions Park, Sunbury, amplification of voice instructions would have been beneficial.
Not at the moment.
Not really.
Not really, can't think of any. Maybe another day as well (just a thought).
Nothing.
Nothing - apart from the fact that you are not running classing during winter :(
On some days it was very hot to do Zumba, maybe locate it somewhere in shade? Or shorten the class?
Once again, maybe going indoors.
Perhaps a location, particularly for yoga, where the ground is flat and there are no cockies perched in the tree branches above where we exercising.
Perhaps better marketing towards community members. However, yoga might not appeal to all, especially those with language barriers which is likely to be high in Hume.
Provision of child care, perhaps different activities/times to attract different people (eg. young people, working people, males, people of different abilities).
Sessions could start on time and finish on time, often started late and finished late and this did not encourage people to be punctual...even me!
So far good.
Starting on time with music, but wasn't a huge problem for me.
Thanks, needs more activities and better places.
The park is ok for yoga but think a more shaded area (can still be outdoors) is needed for zumba in the summer months.
The program to be more adaptive.
There was no provision of proper sitting in yoga classes. There were lot of stones and wood on the ground.
To source a place in the park that allows for balancing on yoga mats to be a little easier and if possible moving classes forward to start a little earlier in the evening.
When it was hot maybe an indoor alternative as zumba was quite hot in the sun.
Would like relaxation time at the end of session.
Would like to participate in the Zumba/Yoga class if it was held in the evening 6.30pm time slot. Would like the programs to run year round either indoors or out.

Appendix 7: What needs improvement or should be changed about the program – Midway Survey

Comments
A better venue for Sunbury, the Village Green would have been better
A discussion should be had with the cricket group about sharing the oval and park. Found that it was a little bit hard because a lot of the people attended (especially the first night) don't regularly exercise, including me. It was a bit intimidating when you couldn't do the exercise, struggling or falling behind. Needs to be a beginners class.
Access to more sessions at night.
Advertising - Wish to know about it earlier.
Alternative times.
As mentioned earlier it can be too hot for the Zumba classes.
Better location for Yoga.
Can there be a dance class too?? I love the Zumba and Yoga class. I can't attend the physical fitness class coz it is in the evening.
Can't say as I have only attended once.
Co-ordination with other fitness groups using the area.
Consistency in Zumba instructors, we've had 3 different ones.
Contingency plan for extreme weather conditions ie. rain or hot day.
Different times might help people attend.
Different times more programs.
Do we have a contingency plan for poor weather.
Don't stop the program!
For it to continue.
For Sunbury - would be brilliant if we could use the Oval, as the ground would be perfect for yoga and zumba.
Great as it is - just hope it will continue.
Great teacher loved we all love the groups nothing I can think of they did great want to do more.
Happy with it.
Have areas set out.
I prefer the group fitness.
I think it's an excellent program for Sunbury society & our health.
I think more pre-work sessions for professionals in the city.
I think starting the afternoon classes at 5pm or 5.30pm may be more suitable for people (who work) to come straight from work and prior to going home, rather than having to either wait around, work later or go home and then out again.
I think the outdoor exercise program should state "Boot Camp" style.
I think you should put this advertisement on top of HUME web, so therefore people will find out this program easily.
I would like the instructor to be using a microphone.
If outdoor yoga were to continue perhaps a dedicated area that has been made level would be necessary, as balancing on bumpy surface is sometimes difficult.
If possibly, the classes being brought forward 1/2 hour to start at 6.00pm.
Introducing extra days and times for activities to give you so you don't miss out for the week if you have work commitments.
It's a fantastic idea. As mentioned before, the surface is uneven so I don't enjoy running (or enjoy it less due to uneven surface). I was hoping to establish a workout routine using the outdoor gym equipment.
It's going great!! Suggestion - Can we have the sessions during weekends as well, if possible?
Just for Zumba class to be in the shade. And to add some more yoga classes at different times. Possibly on Fridays :)
Just the ongoing promotion during the program to those yet to register/participate. e.g. could get brief testimonials from participants along the way and use those in the emails.
Location and be more organized before starting sessions.
Maybe a beginners class for yoga til we get the hang of it, maybe before the full on class. Zumba I seem to pick up a little better, still can tell the ones who have done it before.
Maybe getting indoors instead of being out in the open.
More advertising.
More choice of sessions, more options for those who work.

More evening programs would be good.
Mostly the class is great and there is probably nothing, other than that it's difficult to hear the instructor with all the other noises around us.
Need children specific program.
New activities for the group fitness to encourage and motivate people, especially those who haven't been involved in much physical activities for some time. Possibly even offer the activities at different times of the week, ie. Yoga Monday AM and Wednesday PM, Zumba Tuesday PM and Wednesday AM and Group Fitness Thursday PM and Friday AM.
No change. It's really good.
No it's well run.
Nothing.
Nothing.
Nothing.
Nothing.
Nothing.
Nothing.
Nothing.
Nothing, they are fantastic.
Nothing I love it! I only wish it was continuing after the 8 weeks.
Nothing really its fine how it is. Maybe could have another group day.
Nothing really seems ok.
Nothing that I can think of at this point.
Nothing. Loving it.
Of course weather will be a problem at times so will need alternative venues.
Only thing for me is for us to have more relaxation time at end of session.
Possibly run more programs.
Separate ladies and gents as it is very important that we should respect other cultures as this community lots of Muslims women and in order to get them active it is good if these sessions are organised separate.
Session should start on time.
So far I am happy with what it is offering.
Sometimes weather can be a factor although adequate arrangements are made for that. I would want the program to continue whether outside or in the leisure centre.
Sometimes, can't hear/see the instructors words/movements.
Sound system for Zumba could be better rather than wasting time.
The ground is very uneven, and dry at times. Not a lot of shade on really hot days/sunny days, marquee might be required.
The ground should be lit under cover/or tree.
There should be an option ready if the weather is not good (raining).
To me is Ok as it is.
Trainer was a bit rude.
Very good initiative. Need more suitable venue (better surface, alternative site in hot or wet weather).
When the weather or the temperature is high maybe do it under the tree.
Would love to be able to attend the yoga or zumba class (or at least give it a try to see how I would go) but need it to be an evening class. Feel I am missing out.
Zumba needs to be out of the hot sun in the shade.

Appendix 8: Fitness/leisure changes participants have or will make following the program – Final Survey

Changes made or will make following the program
Better health.
Consider joining a yoga class.
Continue all this activities as much as possible, especially if it's "FREE".
Continue to participate in classes that involve yoga, tai-chi or pilates.
Continue with yoga.
Doing ongoing exercising, be more active (eg. walking rather than driving).
Doing yoga at home to a dvd and walking more.
Exercising at home between sessions.
Have been doing yoga for some time. Couldn't handle zumba previously as it was too much for my limbs.
Have started exercising.
Hopefully will be another free Council run activity?
Hoping to join yoga & zumba classes at the Leisure centre, but at present they don't have yoga classes & only 1 zumba class during the week'
I am thinking of starting a neighbourhood fitness group where we meet in the local park and do similar activities to the group fitness class but without a professional instructor. It has made me remember that exercise should be free and easy. My husband and I have started a bit of interval training together too.
I am used to a lot of cardio training, since participating, have changed one of my cardio sessions to a pilates session.
I feel fit. I started to walk 2-3 times a week.
I have also included power walking.
I have been doing my own strengths-based exercises based on what I learnt in the class.
I have started to participate in the free park run event on Saturdays and have started yoga at least twice a week plus I've been out for long walks and cycling with my daughter.
I hope to go to a yoga class, but price wise may make it a bit difficult.
I want to continue to do yoga.
I want to join the zumba class in the future.
I will attend further classes, probably at gym.
I will be continuing with yoga, but have yet to find another class to join.
I will be looking to do a permanent yoga session.
I will join more activities and exercise classes.
I would love to join a zumba class.
I'd love to do exercise every day.
I'm not sure if it's the fitness class or the yoga class that has been very beneficial for me. I used to wake up a bit stiff in the mornings but now it feels so much better getting out of bed. Looks like I will have to take up fitness training and a yoga class.
I'm planning to use the outdoor gym equipment and may even consider joining a gym.
Improve my health.
Join a yoga class and start doing yoga at home.
Join tai-chi and walk more.
Joined Step Into Life, Craigieburn.
Joined yoga.
Keep exercising.
Keep physical.
Keep up with yoga and group fitness.
May consider joining classes now that I have tried them.
Start exercising and yoga.
Start exercising outdoors - walking, cycling.
Started doing yoga... and some of the boot camp exercises.
Thinking of buying zumba dvd - walking more.
To continue doing classes.
Try again to keep on doing Zumba if I can find a convenient venue/time.
Try and do yoga and zumba once a week at least.
Try to stay motivated to lose weight.

Trying to do more yoga/stretching at home felt great after class.

Walk and exercise more, eat better.

Will participate in more classes at the gym.
--

Will re-join my yoga class.

Will try out the free passes I received and will choose a fitness program very soon.
--

Will try to continue the exercises or join a class which my budget allows.
--

Appendix 9: Reasons for not making fitness/leisure changes following the program – Final Survey**Reasons for not making changes following the program**

Already attending yoga classes weekly, also Tai-Chi and walk for exercise each day.
Already do lots of exercise.
Everything just fit perfectly with my time. Not broken, don't fix it!!!
I already walk/jog with my dog most days so I will keep doing that.
I am already a full member of Hume (Sunbury) doing about 9 hours a week (variety of classes & gym) as well as walking around Sunbury.
I am happy with the days and hours.
My current exercise routine is sufficient.
Timings are perfect and suits me Tuesday and Wednesdays as I don't work these days.
Too expensive.

Appendix 10: Additional comments on the Be Outdoor Active program or leisure/recreation in general – Final Survey

Comments
A good program, which I have enjoyed and appreciate the council providing something for those in my age group.
At Craigieburn leisure centre, on the wall there is a flyer of fine dance at Broadmeadows, it was last year, expired, should take it down. Please have rock and roll dance class at Craigieburn. Monthly have social dance night party at Craigieburn. Wish the Zumba class ongoing whole year long. Winter can be indoors, please. Thank you for these programs.
Enjoying, awesome, fun, socialising, helps condition the body.
Excellent program, enjoy every bit of it.
Excellent venture.
Fantastic program & fantastic instructors!
Great idea, the more people interested the more people will the program attract. Thank you.
Great initiative to get the community being active.
Great program - keep up good work. Well done [REDACTED]
Great program and it should be continued.
Great work and keep on offering excellent services.
Great! Loved it!
Great! Well done! Bring on more please!
I already attend gym regularly at Sunbury Aquatic Centre and would like to see yoga incorporated into this or being continued.
I am glad I participated in yoga. Our trainer was wonderful and being a very low income earner it suited me and I think more sessions especially of an evening would help a lot of people do exercise. Especially those families on Health care cards or Pension cards that cannot afford gym and yoga memberships. I felt wonderful after my session. Thank you Hume.
I am very happy that I got to try zumba and yoga but only got to go once as the timing and days conflicted with my schedule but enjoyed doing them.
I assume that this program won't be available to people in Sunbury after the split which will be disappointing.
I just want to say thank you very much for this nice program.
I really enjoyed it, and am so grateful for a free program for the community to enjoy. I feel very proud to live in the Hume council now. The extra gifts at the end, water bottle etc is really unnecessary because the free activity is good value alone. Those running it were so friendly too, Thank you Hume Council x
I think it was a great initiative by Hume, it also gave people an opportunity to try out things they had not participated in before.
I think more of these group activities should be offered to women to exercise safely outdoors given the recent murder of a young girl out walking.
I think the Hume Council should be commended for running such a program!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!
I think this is a wonderful initiative of Hume City Council and wish more shires in the Macedon Ranges would follow suit.
I think this was a great initiative by council and I would like to say [REDACTED] was an excellent yoga teacher.
I thoroughly enjoyed my time doing yoga and think that it is a great community initiative. Seeing people of all ages and all capabilities giving it a go was great to see.
I wish they keep going this program.
I would be very happy if these programs repeated as often as possible.
I would like to see community members being trained as instructors to start new groups at various locations and times. More advertising and inclusive of all abilities and ages. Social events at the end of each term. An ongoing, fun, healthy and positive community activity. It would be a real shame not to continue on and capitalise on the community interest/engagement already won. Some ideas are giveaways like drink bottles, hats, sunscreen, sunnies, discounts for sports gear, transport, modified exercises being demonstrated, social events, incentive to bring friends, leadership and fitness training for committed members.
I'd like to thank Hume for this great program. It would be nice to have Greenvale noted on the map and perhaps include this suburb in some activities. The program was excellent and I feel sorry to see the end.
Instructors were particularly nice and were good at what they were teaching, and it was run by a lady who knew what she was doing.

It has been really good. I think the time of year is important as I would not want to do it in the winter, but autumn, spring or summer would be good times to run it.
It is a fantastic program thankyou!
It was fun.
It was really a good program health fitness wise and also a good social meeting of different people.
It was very enjoyable and good exercise. Unfortunately I was unable to attend as many classes as I would have liked due to work, but would definitely participate any time it was offered. As well as encourage other people I know to join.
It would be great if the program continues.
It's all been excellent.
Just a general thank you to Hume Council and the staff who participated in the outdoor activities. It was a great success from my point of view. The attendance at yoga was exceptionally good each week. I even encouraged a couple of friends to join the class and they thoroughly enjoyed it.
■■■ - zumba teacher was a great asset to the program. Hope you can get her back again.
No, more than satisfied and grateful to have been able to participate. Thank you.
Outdoor active - brilliant initiative.
Thank you for a great initiative.
Thank you for organising this great program.
Thank you for planning and running this program.
Thank you to all involved :)
Thank you!
Thanks to organisers, I have had fun.
Thanks, was a good program.
The Be Outdoor Active Program a great incentive on behalf of Council and most beneficial to its workers and external ratepayers.
The concept of running free exercise classes for the community is wonderful. Sometimes cost can put people off exercising. Local classes also builds community as you meet local people. Thanks for putting on the zumba classes.
The instructors and staff have been very professional and helpful. Well done!
Very good initiative.
Was all great, just not near the cricket nets.
We'd like you to continue this program for next term.
Would be great to continue it.

Appendix 11: Additional comments on the Be Outdoor Active program or leisure/recreation in general – Midway Survey

Comments
(1)Yes in the winter it should be indoors. The zumba and yoga is better indoor the flow other while feel calm total relax & enjoy. (2) Can you please bring back - Rock & Roll. They are so good & Ballroom dancing Please 8 classes should be extended
A good program that the council organized for mum, dad, uncle, aunties, grandma, to everybody.... We are encourage to get out and do shake our body, meet new friends, and relax our mind. We really have fun. Thank you very much. Hope you continue this program.
A great, fun initiative! Very accessible to all. Well done
A variety of options are available and encourages people to be more active. The cost of the same activities often prevent them from doing so.
About time - it's great.
An innovative way to get the community involved in exercise, and a chance to try different exercise programs.
Any ways of making leisure / recreation more accessible is fantastic - congratulations Hume on Be Outdoor Active. It is helpful even in that it might make people realise how great the local parks and open spaces are :D
Can it please continue running ,maybe in the hall, the one in Goonawarra is incredibly under utilised such a waste of a good community facility.
Fantastic concept.
Fantastic highly recommended.
Fantastic initiative showing people that maintaining good health doesn't have to incur large gym membership fees it can be done with a few friends in your own park. Great work. Thanks for the program.
Fun in participating in the activities.
Good idea.
Good work. Should not be limited to eight weeks.
Great idea. I would of liked more classes outside of work hours. An aerobics class would of been good.
Great incentive!
Great initiative - it would be excellent if it was offered both Spring and Summer.
Hope it continues throughout the year.
Hope this Outdoor/Indoor active program will continue through the year. When it is free of charge, many will attend as it is an added advantage.
I am a senior so I would like a more suitable pace, I did improvise and manage.
I am enjoying but I'm unable to recommend my friends as it is mixed sessions. There was not a single Muslim woman in this session.
I am enjoying it. I would appreciate if it continues.
I just hope the council can keep it up as it has all varied ages attending and it must be doing us good.
I just love the fact it is a free program that I can be involved in with my local community and meet new people from all walks of life.
I love it, good atmosphere and its nice doing it outside.
I love the program. I certainly would like it more if we had some activities in Greenvale (the forgotten suburb!).
I really enjoyed the group fitness, a teenage group would be a great idea.
I think it is a great initiative and hope it continues.
I think it is great offering these activities to us in the community for free - good on you!
I think it's great that Council is offering this free program but I think it needs to more actively consider diversity (of ages, gender, ability) and provide support to particular groups, eg saying it is family/baby friendly may encourage more parents to come. While universal programs like these are great I think it means particular groups may miss it or find it harder to attend (eg people with english as a second language). It would also be great to have some earlier and later classes for people who work outside the municipality. I think it's great there has been women's only classes!
I think the program should be held a few times each year. It has been great to try out new fitness regimes (at no cost) and I intend to continue now that I know what is involved.
I would absolutely love it if this program could continue every week. I just love it and look forward to it every week.
I would like to continue to do Zumba & Yoga. I hope this program will be held next term again.
I'd like to continue to do this in winter.

I'm so happy the Hume council have this program in the community, I hope it will run all throughout the year. And also if they can run for the children too, like dancing and therefore arts.
It has been a great idea with council and I would like to see it continuing.
It is a nice program; but has less attendance due to no/less publicity. Would be delighted if it continues.
It is excellent program and very important to women, I love it !!!
It is hard to coordinate a wide range of people attending that all have different fitness levels - the instructor at my session has just the right mix of giving options to those people who need to modify but also to ensure that they do also really try to improve their fitness levels.
It should be on going.
It needs to be continued after 8 sessions.
It's a great incentive by Hume to be involved in the Outdoor Active Program - hoping that this can be a regular event in 2016 also and beyond.
It's a great way to get people out and active. With more varied options at each activity, I would have liked to attend more.
It's a very worthwhile program. I recommend you consider offering the program again in the future.
It's been a great program that has given the community a new working opportunity.
It's been fun.
It's great to have a free service offered but only people who are not working can attend the days so maybe a night time indoor somewhere would be great also.
Just a thank you for making it available. Thank you.
Keep it coming!
Keep it happening again please.
Loving it.
More advertising would be good & website not easy to find.
No there is nothing I could add to my comments, other than it being difficult to hear the instructor.
No, I think a good range of activities were offered.
Not really. I am enjoying it.
Only that it be continued.
Over all I have enjoyed the program and time permitting would enrol again.
Please continue this program! It is great!!!
Please run more of these.
Sorry I really would have liked to have gone and will probably do the next session.
Staff have generally been friendly and welcoming although it has been a bit unorganised, particularly in regards to the location of the activity.
Thanks for initiating, I would not have known how much fun Zumba is.
These programs should be organised frequently.
These programs should be conducted frequently.
We hope this program be held again.
Would be nice for group fitness to have 2 sessions a week or yoga in the evening for those that go to work.



Be Outdoor Active Program Final Evaluation 2015 (Final Survey)

Appendix 12

The Be Outdoor Active program was a free program running from 2 February to 26 March 2015. The program offered 8 weeks of outdoor yoga, Zumba and group fitness classes, at parks in Broadmeadows, Craigieburn and Sunbury. To evaluate the success of the program and identify any future improvements, Hume City Council is undertaking a short survey seeking feedback from participants of the program.

A report that includes your feedback will be provided to Council's Leisure Services Department. This report will not contain opinions or information that could lead to the identification of any individuals. Council is committed to ensuring that survey information remains confidential, in accordance with the *Privacy and Data Protection Act 2014*. If you have an enquiry regarding this survey, please feel free to contact Council's Leisure Services Department on 9205 2562.

BE OUTDOOR ACTIVE PROGRAM

Q1. Have you been attending any activities during the Be Outdoor Active program?

Yes → For each location and activity that you have attended, please circle how many sessions you have attended over the 8 week program

Location	Activity		
	Yoga	Zumba	Group Fitness
Broadmeadows Town Park	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8
Craigieburn Gardens	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8
Sunbury Lions Park	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8	1 2 3 4 5 6 7 8

No → Why have you not been attending any of the activities? _____

Q2. How did you find out about the Be Outdoor Active program?

- | | |
|--|---|
| <input type="checkbox"/> From a friend/relative | <input type="checkbox"/> Local newspaper |
| <input type="checkbox"/> Through a club/sporting group | <input type="checkbox"/> Hume City Council website |
| <input type="checkbox"/> Saw a brochure/flyer | <input type="checkbox"/> Received an email from Council |
| <input type="checkbox"/> Other: _____ | |

Q3. How would you rate the Be Outdoor Active program overall?

- | | | | | | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Excellent | Good | Adequate | Poor | Very poor | Don't know |

Could you please explain why you gave this rating?

Q4. How would you rate the following aspects of the program?

	Excellent	Good	Adequate	Poor	Very poor	Don't know	Comments for rating
Advertising/marketing of the program (ie. posters, flyers, news media)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Registration process	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Type of activities offered	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Park/garden where the activities were held	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Days of the week the activities were run	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Time of the day the activities were run	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Length of time for each activity session (1 hour)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
The length of the program (8 weeks)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Instructor/trainer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Q5. Why did you choose to take part in the Be Outdoor Active program? (select all that apply)

- | | |
|--|---|
| <input type="checkbox"/> Something to do with friends/family | <input type="checkbox"/> For fitness/exercise |
| <input type="checkbox"/> To meet new people | <input type="checkbox"/> To improve my health |
| <input type="checkbox"/> To have fun | <input type="checkbox"/> To lose weight |
| <input type="checkbox"/> To try something different | <input type="checkbox"/> It was for free |
| <input type="checkbox"/> It was close to home | <input type="checkbox"/> It was outdoors |
| <input type="checkbox"/> Other (please specify): _____ | |

Q6. Did the program meet your overall expectations?

- Yes No Not sure

If no, why not? _____

Q7. What did you enjoy most about the Be Outdoor Active program?

Q8. Is there anything you feel needs improvement or should be changed about the Be Outdoor Active program?

Q9. Have you or will you make any changes to your fitness/leisure routine now that you have participated in the 8 week Be Outdoor Active program? (for example: join a yoga class, start exercising, join the gym)

- Yes
 No
 Not sure

If yes, what changes have you made? _____

If no, why not? _____

Q10. Would you recommend the program to other people?

- Yes
 No
 Not sure

If no, why not? _____

Q11. Will you participate in the Be Outdoor Active program if offered again in the future?

- Yes
 No
 Not sure

If no, why not? _____

Q12. Which activities would you like to see as part of future Be Outdoor Active programs?
 (select all that apply)

- | | |
|--|--|
| <input type="checkbox"/> Yoga | <input type="checkbox"/> Boxing Cardio |
| <input type="checkbox"/> Pilates | <input type="checkbox"/> Group Circuit Training |
| <input type="checkbox"/> Yoga-laties | <input type="checkbox"/> Organised Walking Group |
| <input type="checkbox"/> Tai-Chi | <input type="checkbox"/> Organised Running Group |
| <input type="checkbox"/> Zumba | |
| <input type="checkbox"/> Other (please specify): _____ | |

Q13. In general, what would be the best days and times for activities to operate? (select all that apply)

Starting times	Mon	Tues	Wed	Thurs	Fri	Saturday	Sunday
Mornings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Afternoons	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Evenings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Q14. How many times per year should the program be offered? (please select only one)

- 1 time
 2 times
 3 times
 4 times
 5 or more times

Q15. How would you like to find out about future Be Outdoor Active programs?

- | | |
|--|---|
| <input type="checkbox"/> An email from Council | <input type="checkbox"/> A brochure/flyer in the mail |
| <input type="checkbox"/> Hume City Council website | <input type="checkbox"/> Local newspaper |
| <input type="checkbox"/> Social media (ie. Facebook) | |
| <input type="checkbox"/> Other: _____ | |

Q16. Do you have any comments you would like to make about the Be Outdoor Active program or leisure/recreation in general?

ABOUT YOU

The following information will assist with analysing the survey results.

Q17. Are you...? Male Female**Q18. Which age group do you belong to?** (Please select only one option)

- | | | |
|---|---|--|
| <input type="checkbox"/> Under 18 years | <input type="checkbox"/> 35 to 44 years | <input type="checkbox"/> 65 to 74 years |
| <input type="checkbox"/> 18 to 24 years | <input type="checkbox"/> 45 to 54 years | <input type="checkbox"/> 75 years and over |
| <input type="checkbox"/> 25 to 34 years | <input type="checkbox"/> 55 to 64 years | |

Q19. What is the main language you speak at home?

- English
- Other language (please specify): _____

Q20. What suburb do you live in? _____

THANK YOU FOR TAKING THE TIME TO COMPLETE THIS SURVEY.

Be Outdoor Active Evaluation 2015 (Midway Survey)

The Be Outdoor Active program is a free program running from 2 February to 26 March 2015. The program offers 8 weeks of outdoor yoga, Zumba and group fitness classes, at parks in Broadmeadows, Craigieburn and Sunbury. To evaluate the success of the program and identify any immediate improvements, Hume City Council is currently undertaking a short survey seeking feedback from participants of the program.

A report that includes your feedback will be provided to Council's Leisure Services Department. This report will not contain opinions or information that could lead to the identification of any individuals. Council is committed to ensuring that survey information remains confidential, in accordance with the *Privacy and Data Protection Act 2014*. If you have an enquiry regarding this survey, please feel free to contact Council's Leisure Services Department on 9205 2562.

BE OUTDOOR ACTIVE PROGRAM

Q1. Have you been attending any activities during the Be Outdoor Active program?

- Yes** → At each location and for each activity how many sessions have you attended?
(please circle number of sessions)

Location	Yoga	Zumba	Group Fitness
Broadmeadows Town Park	0 1 2 3 4+	0 1 2 3 4+	0 1 2 3 4+
Craigieburn Gardens	0 1 2 3 4+	0 1 2 3 4+	0 1 2 3 4+
Sunbury Lions Park	0 1 2 3 4+	0 1 2 3 4+	0 1 2 3 4+

- No** → Why have you not been attending any of the activities? _____

Q2. How did you find out about the Be Outdoor Active program?

- | | |
|---|---|
| <input type="checkbox"/> Through consultation/survey conducted in December 2014 | <input type="checkbox"/> Saw a brochure/flyer |
| <input type="checkbox"/> From a friend/relative | <input type="checkbox"/> Hume City Council website |
| <input type="checkbox"/> Through a club/sporting group | <input type="checkbox"/> Received an email from Council |
| <input type="checkbox"/> Other: _____ | |

Q3. How would you rate the following aspects of the program?

	Excellent	Good	Adequate	Poor	Very poor	Don't know	Comments for rating
Advertising/marketing of the program (ie. posters, flyers, news media)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Registration process	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Type of activities offered	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Park/garden where the activities are held	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Days of the week the activities are run	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Time of the day the activities are run	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Length of time for each activity session (1 hour)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Instructor/trainer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Q4. What are you enjoying most about the Be Outdoor Active program?

Q5. What do you feel needs improvement or should be changed about the Be Outdoor Active program?

Q6. Is the program meeting your overall expectations?

- Yes No Not sure

If no, why not? _____

Q7. Would you recommend the program to other people?

- Yes No Not sure

If no, why not? _____

Q8. Do you have any comments you would like to make about the Be Outdoor Active program or leisure/recreation in general?

ABOUT YOU

The following information will assist with analysing the survey results.

Q9. Are you...? Male Female

Q10. Which age group do you belong to? (Please select only one option)

- | | | |
|---|---|--|
| <input type="checkbox"/> Under 18 years | <input type="checkbox"/> 35 to 44 years | <input type="checkbox"/> 65 to 74 years |
| <input type="checkbox"/> 18 to 24 years | <input type="checkbox"/> 45 to 54 years | <input type="checkbox"/> 75 years and over |
| <input type="checkbox"/> 25 to 34 years | <input type="checkbox"/> 55 to 64 years | |

Q11. What is the main language you speak at home?

- English
 Other language (please specify): _____

Q12. What suburb do you live in? _____

THANK YOU FOR TAKING THE TIME TO COMPLETE THIS SURVEY.



Hume City Council

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