

## Pre Course Questionnaire Healthy Lifestyle 101!

Please complete this questionnaire prior to the Healthy Lifestyle 101! Training course. Your responses are anonymous and will be analyzed collectively with other participant responses. Aggregate data are used strictly for statistical purposes to help us evaluate the effectiveness of the training course.

Date (yyyy/mm/dd): \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Location (base/wing): \_\_\_\_\_

### **Addictions Awareness and Prevention**

#### **1. What is THC?**

- a) a cannabis cigarette
- b) the psycho-active ingredient found in cannabis
- c) a cannabis pressure group in favor of legalization
- d) treatment for cannabis

#### **2. The term psychological dependence is used when:**

- a) it is clear that the individual has changed their life to ensure continued use of the drug
- b) their activities are centered on the drug and its use.
- c) leads to neglect of other important activities such as work, social, and family commitments
- d) all of the above

#### **3. The addictive ingredient in tobacco is:**

- a) nicotine
- b) tar
- c) smoke
- d) unknown

#### **4. What works to sober someone up?**

- a) Coffee
- b) Exercise
- c) Neither
- d) both

**5. Responsible gambling practices includes:**

- a) setting a limit of time
- b) setting a limit of amount of money to spend
- c) staying til you win
- d) All of the above
- e) a and b

**Behavior change situation:**

**Please read the following paragraph.**

Imagine that you have made plans to go out with your friends to have a few drinks. Circle which of the following practices you currently use?

- a. Eat before
- b. Make no plans, depends on my mood how much I will drink
- c. Drink til I run out of money
- d. Have a plan before on how I will get home before I start drinking
- e. Have 1 and or 2 drinks
- f. Drink water and or non alcoholic beverages
- g. Eat something during the evening
- h. Drink 4-5 drinks
- i. None of the above
- j. Others, (please name)\_\_\_\_\_

## Injury Prevention

1. Approximately what percentage of CF injuries occurs during sports and physical fitness training?
  - a. 10%
  - b. 20%
  - c. 30%
  - d. 50%
  - e. 75%
  
2. Which activity causes the most injuries in the CF?
  - a. Full contact hockey
  - b. Unarmed combat
  - c. Running
  - d. Obstacle course training
  - e. Weight lifting
  
3. With respect to **group running**, which one of the following is not an STF injury prevention recommendation?
  - a. Units should separate their personnel into groups based on running ability
  - b. Have the slowest personnel lead all group runs
  - c. Unit runs should not be scheduled more frequently than once/month
  - d. All group runs should be done on soft surfaces
  
4. When training CF personnel who are **unaccustomed** to running, the following limits will help to reduce the incidence of injuries:
  - a. Limit the duration of runs to 30 minutes
  - b. Limit the frequency of runs to 3 times a week
  - c. Run durations should be reduced on days when other high impact activities are planned
  - d. All of the above
  - e. A and B only

5. Please identify which one of the following is not an STF injury prevention strategy:

- a. Alternating high and low impact fitness training days
- b. Running less – cross training more
- c. Progressing training carefully in terms of intensity, frequency and duration
- d. Starting all workouts with 5 minutes of passive stretching
- e. No endurance running in combat boots

**Behavior change situation:**

**Circle the activities you did during the past week:**

**a. Completed 4-7 endurance training sessions**

(Endurance training involves doing a vigorous activity (unable to maintain a conversation) for 15-20 minutes or doing a moderate activity (break a sweat but can maintain a conversation) for a minimum of 30 minutes.)

**b. Completed 2-4 strength training sessions**

(An example of a strength training session: weight training for 20-30 min incorporating at least 8 different exercises with 8-15 repetitions of each exercise)

**c. Alternated high and low impact training days**

(Examples of high impact activities include: running, jogging, jumping, tennis, squash, rucksack marching, intense weightlifting, football, soccer, basketball, Cross-Fit and judo)

Examples of low impact activities include: hockey, spin classes, elliptical, cross country skiing, roller skating, swimming, bicycling, dancing, weight training and calisthenics)

**d. Did 5 minutes of daily core (trunk) strength exercises**

**e. Avoided repetitive forward trunk flexing exercises such as sit-ups**

**f. Did at least one session of interval running**

(i.e. 4 to 6 intervals of running hard for 30 seconds fast followed by a 1 minute walk)

**g. Didn't ran while wearing a rucksack or backpack**

**h. Didn't ran in combat boots**

**i. Wore semi-rigid ankle braces** while playing basketball, volleyball, soccer or other activities involving jumping or quick direction changes

**j. Wore a full face shield** when you played hockey, ball hockey or broomball

**k. Wore a mouth guard** when you played hockey, broomball or basketball



**l. Did at least a 5 min warm-up involving lower intensity level movements similar to physical activity you were about to do**

**m. Practiced knee and ankle awareness control using standing, running, cutting, jumping or landing activities**

**n. None of the above**

**o. Other. Please specify: \_\_\_\_\_**

## Nutrition Section

1. **A Food Guide serving is:**
  - a) The exact amount you should eat at one meal.
  - b) A reference amount that helps you understand how much food is recommended daily from each of the four food groups.
  - c) An average helping size.
  - d) The size of a food container sold in the grocery store.
  - e) Based on a 100 gram portion.
  
2. **According to Canada's Food Guide, how many servings of vegetables and fruit should adult men and women be consuming each day?**
  - a) 3-5
  - b) 5-6
  - c) 7-10
  - d) 10 or more
  
3. **Using this nutrition label, if you are eating 4 cookies, how many grams of bad fat would you be eating?**

- a) 3
- b) 4
- c) 8
- d) 14

Nutrition Facts	
Per 2 cookies (30 g)	
Amount	% Daily Value
<b>Calories 150</b>	
<b>Fat 7 g</b>	<b>11 %</b>
Saturated Fat 3 g + Trans Fat 1 g	<b>20 %</b>
<b>Cholesterol 0 mg</b>	
<b>Sodium 80 mg</b>	<b>3 %</b>
<b>Carbohydrate 21 g</b>	<b>7 %</b>
Fibre 1 g	<b>4 %</b>
Sugars 8 g	
<b>Protein 1 g</b>	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 8 %

Valeur nutritive	
par 2 biscuits (30 g)	
Teneur	% valeur quotidienne
<b>Calories 150</b>	
<b>Lipides 7 g</b>	<b>11 %</b>
saturés 3 g + trans 1 g	<b>20 %</b>
<b>Cholestérol 0 mg</b>	
<b>Sodium 80 mg</b>	<b>3 %</b>
<b>Glucides 21 g</b>	<b>7 %</b>
Fibres 1 g	<b>4 %</b>
Sucres 8 g	
<b>Protéines 1 g</b>	
Vitamine A 0 %	Vitamine C 0 %
Calcium 0 %	Fer 8 %

4. **For a balanced lunch, how should you divide up your plate if you are also having a glass of milk and an apple?**
  - a)  $\frac{1}{2}$  vegetables,  $\frac{1}{4}$  grains,  $\frac{1}{4}$  meat and alternatives
  - b)  $\frac{1}{3}$  vegetables,  $\frac{1}{3}$  grains,  $\frac{1}{3}$  meat and alternatives
  - c)  $\frac{1}{4}$  vegetables,  $\frac{1}{4}$  grains,  $\frac{1}{4}$  meat and alternatives,  $\frac{1}{4}$  milk and alternatives
  - d)  $\frac{1}{4}$  vegetables,  $\frac{1}{4}$  grains,  $\frac{1}{2}$  meat and alternatives

**5. What is a safe, effective and permanent weight loss management?**

- a) Gradual weight loss of ¼ to 1 kg (1/2 to 2 lbs) per week
- b) Losing 5-10% of body weight
- c) Losing 2 kg (5 lbs) a week in the first month
- d) a and b
- e) b and c
- f) All of the above

**Behavior change situation :**

Vegetable and fruit consumption is closely linked to overall healthy eating. Therefore, please complete the following 6 questions to assess how you are doing.

Please indicate how often you usually eat one of the following foods (e.g. once a day, three times a week, etc.). Please use **ONE** column per question for your answer.

Question	# times a day	OR	# times a week
1. How often do you usually drink 100% fruit juices, such as orange, grapefruit or tomato?		OR	
2. Not counting juice, how often do you usually eat fruit?		OR	
3. How often do you usually eat green salad?		OR	
4. How often do you usually eat potatoes, not including french fries, fried potatoes or potato chips?		OR	
5. How often do you usually eat carrots?		OR	
6. Not counting carrots, potatoes, or salad, how many servings of other vegetables do you usually eat?		OR	
<b>TOTAL</b>			

**Instructions:**

1. Divide "Total times a week" by 7 = \_\_\_\_\_
2. Add above answer to "Total times a day" = \_\_\_\_\_
3. This will give you an approximation of how many vegetables and fruit you consume on a daily basis = \_\_\_\_\_

## **Social Wellness**

- 1. Stress is most commonly defined as:**
  - a) physically over-whelmed and exhausted
  - b) an imbalance between a person's ability to cope and the demands of a situation or event
  - c) psychological burnout as a result of too much to do and not enough time to do it in
  - d) a chemical reaction that causes tension, anxiety, and possibly disease
  
- 2. Perception is important to the stress sequence because:**
  - a) it stops the stress response completely
  - b) it influences our response to a stressor
  - c) it produces stress hormones that help us manage stress
  - d) individual coping mechanisms stop stress from happening
  
- 3. When it comes to managing stress, reframing is:**
  - a) convincing others that your point of view is the right one
  - b) seeing things from another person's point of view
  - c) deciding that there is only one way to view a situation
  - d) changing perceptions and explanations of an event or situation
  
- 4. "Fight, flight or freeze" is also known as the:**
  - a) imagined stress response
  - b) classic stress response
  - c) emotional stress response
  - d) perceived stress response
  
- 5. Which of the following are considered to be sources of stress:**
  - a) the physical environment
  - b) social interactions
  - c) bureaucracy
  - d) major life events and daily hassles
  - e) all of the above
  - f) b, c and d

**Behavior change situation:**

**Please read the following paragraph.**

Imagine that you have faced a series of difficult personal and work-related situations for a period of six months and as a result you have been under constant stress. Circle which of the following methods you currently use to manage stress?

- a. Sleep
- b. Overeat
- c. Exercise
- d. Yell in frustration
- e. Asking for help
- f. Spending time with friends
- g. Eating healthy meals
- h. Using a meditation or relaxation script
- i. Sit in front of the TV
- j. Drink too much alcohol
- k. Visualization
- l. None of the above
- m. Other: please name

Are you male or female?

- Male
- Female

How old are you?

- Less than 30
- 30 – 39
- 40 – 49
- 50 and more