



**DEFINE SEDENTARY BEHAVIOUR**

*Transition: This next series of questions is going to ask you for more ideas about sedentary activities and what you think about them. We want to know what motivates you or prevents you from doing different activities.*

<p>5. Do you think people you know spend too much time sitting or lying down?</p> <p>6. How much time do you think you spend sitting in a day?</p>	<p>To determine awareness of the pervasiveness sedentary behaviour.</p>
<p>7. What might motivate you to move out of your chair more often during the day?</p> <p>Probe: What do you do to sit less/break up your sitting time?</p> <p>Probe: what are you willing to do to sit less/break up your sitting time</p>	<p>To identify motivators for reducing sedentary behaviour.</p>
<p>8. If you wanted to sit less, what kinds of things might prevent you (Probe: or other people) from sitting less during the day?</p>	<p>To identify barriers to reducing sitting time.</p>
<p>9. What kinds of things might prevent you from standing up and moving around more frequently?</p>	