

Appendix 1

BELIEF QUESTIONNAIRE

For the following statements, rate yourself from 1-10 with 1=100% disagreement 10=100% agreement. Answer them quickly and honestly. Be authentic and remember you only get out what you put in.

- Genetics is more important than the environment and how I live my life when it comes to health
- I have a family history of poor health so there's nothing I can do about it
- I have good genes and don't have to worry as much about chronic diseases
- All old people get aches and pains
- Cardiovascular disease runs in my family
- I have a family history of diabetes and thus I have little control over whether or not I get it
- It doesn't matter what you do, some will get cancer and some won't
- I eat a good breakfast every day
- If I wanted to lose weight I could eat less food and skip meals
- I like to have a big dinner and relax at the end of the day
- I eat lots of fruits (4+) and vegetables (5+) every day
- It's okay to eat snack food or junk food every once in awhile
- I eat three or less meals per day
- I feel addicted to sugary and high carbohydrate foods
- Fast food restaurants serve healthy foods
- Vegetarian diets are for women and those people trying to lose weight
- Protein is more important for men, and those people trying to gain muscle
- The foods I eat have little impact or influence on my health
- I believe stress management is really important and helps me live a more balanced life
- I'm busy these days and generally have to eat on the run
- Getting healthy takes too much work and struggle
- Having good health is a big responsibility
- I don't feel good enough to be healthy
- Realistically, chances are I'll never be healthy
- Getting healthy is a matter of luck or fate
- Getting healthy isn't for people like me
- Striving for health won't allow much time for anything else in life
- If I get healthy, everyone will want more of my time
- If I become healthy, there are certain people in my life who won't like it or me
- Having good health means you're self-centered or selfish
- Having good health may take away from my spirituality
- I'm not very knowledgeable in the area of health and fitness
- If I become healthy and fit, I might just lose it again

- If I really strive for health and fitness and don't succeed, I'll feel like a failure
- I have the potential to be healthy, all I need is a break
- This just isn't the right time for me to start getting fit and healthy
- I don't really want to be healthy
- Health really isn't that important in the big scheme of things
- Improving my health and fitness may cause more problems
- It's not right to be healthier or fitter than my family members
- Trying to become healthier and fitter is a hassle and a struggle
- People should be comfortable with the body shape they've grown into
- Striving for health may actually cause more stress and health problems
- It's too difficult to become healthy in today's busy environment
- I'm able to manage my stress quite well and have it under control
- Stress doesn't have a great an impact on my health
- When I'm stressed it changes my food choices
- My work is very rewarding and makes me feel fulfilled
- My energy is best at the start of the week
- I feel my willpower is strong and I can resist temptation for treats and deserts
- The timing isn't right, there are more important things to do than improve my health
- Given my past, it would be difficult for me to become truly healthy and fit
- I'm not smart or intelligent enough to become healthy and fit
- I'm not educated enough to become healthy
- I'm too ashamed of my body to be out exercising
- I'm okay with the way my body is now
- I'm too old to become healthy and fit
- I'm not physically able to exercise
- I have apprehensions and fears about changing
- As a woman it's much more difficult to become healthier and fit
- I don't like exercising or working out
- I don't like getting all hot and sweaty
- I wish I didn't have to exercise to be healthy
- I don't have time to exercise and become fit
- I'm healthy and active enough already
- Healthy and fit people tend to be obsessive about their looks
- Exercise or working out may take away from my artistic and creative endeavours
- It's not right for me to be healthy and fit while others have much poorer health
- If you're not born healthy and fit chances are you never will be
- If health and fitness come easy it's not worthwhile
- I'm too busy to put a lot of time and energy into health and fitness
- If I become healthy and fit that's great, if not, that's fine too
- I don't enjoy taking on new responsibilities
- I'm not a strong leader
- I have some resentment towards extremely healthy and fit people

- Sleep is important but I don't need eight hours per night
- Sleep is the principle restorative process of the body
- My food choices during the day don't affect my sleep
- Coffee is healthy and doesn't affect my sleep
- I have problems falling asleep at night
- A good night's sleep can improve my ability to handle stress
- Getting up really early is a sign that I have good energy
- I wake up with out an alarm clock every morning and feel refreshed
- Diabetes and sleep debt are related
- I often feel tired after lunch
- I can make up for lack of sleep during the week by sleeping in on the weekends
- I'm a good giver, but not a good receiver
- Other people's opinions of me are important
- I'm already quite comfortable; I don't need to push myself
- If you're rich and financially well off you don't need health
- If I ask for help people think I'm weak
- I can make it on my own; I don't need help from others
- If I spent more time learning about fitness and health I won't have as much time to make money
- If I start lifting weights I'll look like one of those big bodybuilders
- Exercising will make me eat more
- By becoming healthy and fit I'll prove myself
- Getting healthy is not really a skill you can learn
- You are either born with good health or you're not
- I'm just not meant to be fit and healthy
- God will make me healthy, fat or disabled
- The world of fitness and health is complicated and hard to understand
- To be healthy and fit requires a lot of money
- Joining a gym or fitness facility is expensive
- The best investment I can make is in my own health and well-being