

**AUSTIN RETIRED TEACHERS ASSOCIATION**

**Austin, Texas**

**TRTA HEALTHY LIVING CHECK**

**September 2021- February 2022**

Name \_\_\_\_\_

**1. How many times a week do you exercise?**

\_\_\_\_\_ 1-2 \_\_\_\_\_ 3-4 \_\_\_\_\_ 5-6 \_\_\_\_\_ more

**2. What type of exercise do you participate in? (Check all that apply)**

\_\_\_ walking \_\_\_ jogging/running \_\_\_ dancing  
\_\_\_ cycling/mountain biking \_\_\_ swimming/rowing  
\_\_\_ aerobics/Zumba \_\_\_ yoga/Pilates  
\_\_\_ gardening/lawn work \_\_\_ organized sports  
\_\_\_ other

**3. Do you have regular doctor/dentist care?**

\_\_\_ yes \_\_\_ no \_\_\_ sometimes

**4. How often do you make time for relaxation and social activities or vacation time?**

\_\_\_ daily \_\_\_ weekly \_\_\_ biweekly  
\_\_\_ monthly \_\_\_ other (explain)

\_\_\_\_\_

**5. How often do you try to eat healthy meals/snacks?**

\_\_\_ always \_\_\_ regularly \_\_\_ sometimes  
\_\_\_ not always \_\_\_ never

\*\*\*\*\*

**Please complete this form on the ARTA website or mail/e-mail it before February 1, 2022 to:**

Rose Gonzales, 8907 Kentish Cove, Austin, TX. 78748-5112.

[rosegz53@gmail.com](mailto:rosegz53@gmail.com) (512) 243-8717