APPENDICES
APPENDIX A

"ROLE OF HEALTH CLUBS IN PROMOTION OF HEALTH OF URBAN POPULATION IN HARYANA."

(QUESTIONNAIRE FOR SUBJECTS)

PART 1

General Information

1. Name :

2. Age :

3. Sex :

4. Profession :

5. Duration of work out in health club
   3-6 Months
   1-2 Years
   6 Months-1 year
   2 Years or more

6. Monthly income in Rupees
   5-10 Thousand / Month
   15-20 Thousand / Month
   10-15 Thousand / Month
   More than 2000 Thousand / Month

7. Monthly fee you pay in health club
   Less than 1000/month
   1500-2000/ month
   1000-1500/ month
   More than 2000/month

8. Do you participate in any Game/Sports
   Never
   Often
   Regularly

9. Do you suffer from any chronic health ailment
   Yes
   No

10. Sports background of parents
    Mother
    Father
    Neither of Them
Please the fitness equipments which are provided by your Health Club.

a. Motorised Trade Mill
b. Bicycle Ergometer
c. Weight Training Stations
d. Free Weights
e. Massager
f. Vibrator
g. Steeper
h. Sauna Bath
i. Steam Bath
j. Isokinetic Machine

3. Have you developed any Health problems joining the Health club?
4. Do you feel happier joining the Health club?
5. Do you think spending money at health clubs has equal health returns?
6. Do you think joining the Health club is necessary for health promotion?
7. Are you more mentally relieved joining the Health club?
8. Are you getting a better sleep after joining the Health club?
9. Do you appreciate the modern concept of health clubs for the health promotion?
10. Do you think health clubs are the best place for maintaining your fitness?
11. Is there any boost in self confidence after joining the Health club?
12. Working out in health clubs prevents health disorders?
13. Are you satisfied with your work out at your health club?
14. Does your instructor maintain any file or chart of your schedule?
15. Do you think that the charges you pay are in accordance with the facilities provided to you?
16. Do you get any kind of guidance from the instructor of your health clubs for improvement on your health status?
17. Was there any kind of medical check up from time to time?
18. Is there any provision of regular medical check up from time to time?
19. Is there any expert physician present at your health club?
20. Is there any kind of clinic organized by your health club on health promotion?
21. Is there any kind of yogic exercise given to you?
22. Is there any aerobic exercise program conducted in your health club?
23. Is there any kind of aquatic activity conducted in your health club for the improvement of fitness?
24. Is there any provision of massage for the relaxations of the body?
25. Are you satisfied with the facilities available at your health club?
Questionnaire B

(QUESTIONNAIRE FOR THE INSTRUCTORS OF THE HEALTH CLUB)

Please fill up all the entries

Name : ................................................................................
Age : ................................................................................
Sex : ................................................................................
Qualification : ................................................................................
Monthly salary : ................................................................................

Please tick the answer in Yes or No

1. Do you think that the modern concept of health clubs is popular in present days scenario ?
   Yes ................................................................. No

2. Do you appreciate the modern trend of health club for the health promotion of individual ?
   Yes ................................................................. No

3. Do you think that the modern concept of health clubs will be more popular in the years to come?
   Yes ................................................................. No

4. Are the subjects of your health club from a rich family background ?
   Yes ................................................................. No

5. Do you think that the machines in your health club enough for an over all physical fitness of body ?
   Yes ................................................................. No

6. Are the machines used in your health clubs of standard companies ?
   Yes ................................................................. No

7. Do the subjects follow your instructions ?
   Yes ................................................................. No
8. Do you give the subjects tips on dietary habits?
   Yes
   No

9. Is your boss cooperative with you?
   Yes
   No

10. Does your boss takes your opinion while buying a new equipment?
    Yes
    No

11. Is there any kind of special training given to you before joining the health club?
    Yes
    No

12. Is there any kind of clinic organized on the latest trends on health and fitness?
    Yes
    No

13. Does your health club has the journals and periodicals on health and fitness?
    Yes
    No

14. Do you give a balanced diet chart to the subjects?
    Yes
    No

15. Do you keep the record of the health status of the customers?
    Yes
    No

16. Do you keep any file or chart of the schedules followed by the subjects?
    Yes
    No

17. Do you have the knowledge of aerobic exercise programs?
    Yes
    No

18. Do you have Expertise in massages for the relaxation of body?
    Yes
    No
Questionnaire C

List of Surveyed Health Club

Panchkula
1. Body Temple Gym Sec. 4
2. Oceanic Gym and Fitness Center Sec. 5

Ambala
1. Muscle Zone Gym, near Manawa Chowke
2. Ambe Golden Gym, near Karan place

Kurukshetra
1. Tara Gym and Fitness Center
2. City Health Club

Karnal
1. Nirmal Fitness point, Meerut Road
2. Karan Health Club, opp. Dayal Singh College

Hisar
1. Body Care Gym, Rajguru Market
2. Fitness point Gym & Training Center

Rohtak
1. Chand Health Club, near Medical Chowk
2. Fitness Planet, Health Club, near Medical Chowk

Bhiwani
1. Sai Health Club, M.C. Colony
2. Chalenge Health Club, M.C. Colony

Narnaul
1. Jangir Health Club
2. City Health Club

Gurgoan
1. Classic Health Club, near Surat Nagar
2. Super Sonik Zym & Health Club

Faridabad
1. Power Temple Zym, N I T Chowk
2. Body Temple Zym, near Dabawa Colony