APPENDIX A

Research Scholar,
L.N.I.P.E.,
Gwalior (M.P.)
India-474002

Date:

To,


Dear Sir/Madam,

I am a research scholar with the Lakshmibai National Institute of Physical Education, Gwalior (M.P.), India. I have under taken a Doctoral Research entitled, "Role of Health Clubs in Promotion of Health of Sedentary Population."

I shall be grateful if you could please spare a few minutes of your valuable time and complete the enclosed questionnaire. Your kind cooperation and valuable contribution will immensely enrich my study. Your response will be strictly kept confidential and only be used for research purpose.

Thanking you,

Yours truly,

(Rajiv Vyas)
APPENDIX B

Research Scholar,
L.N.I.P.E.,
Gwalior (M.P.)
India-474002

Date:

To, 

Dear Sir,

I am a research scholar with the Lakshmibai National Institute of Physical Education, Gwalior (M.P.), India. I have undertaken a Doctoral Research entitled, "Role of Health Clubs in Promotion of Health of Sedentary Population."

For the same, I would like to interview your customers and instructors. Your kind cooperation and valuable contribution will immensely enrich my study your responses will be kept confidential and only be used for research purposes.

Thanking you,

Yours truly,

(Rajiv Vyas)
APPENDIX C

ROLE OF HEALTH CLUBS IN PROMOTION OF HEALTH OF SEDENTARY POPULATION

(Questionnaire for Customers)

PART I

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

   - 5-10 Thousand/month
   - 15-20 Thousand/month
   - 10-15 Thousand/month
   - More than 20 thousand/month

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

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

9. Do you suffer from any chronic health ailment.
   - Yes
   - No
10. Sports background of parents

Mother ☐ Father ☐
Neither of them ☐

11. Please "\checkmark" 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. Stepper ☐
   h. Sauna Bath ☐
   i. Steam bath ☐
   j. Isokinetic Machine ☐

**PART II**

This part consist of 25 items which are related to your opinion about the role and programs of Health Club towards your health promotion. Please read each statement carefully and mark your response by "☐" on any cell which describes your true opinion. There are no right or wrong answers for the statements. The information will be kept strictly confidential.

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
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</thead>
</table>

1. Are you more efficient at work after joining the Health Club ? ☐ ☐

2. Do you find any positive change in physical appearance after joining the health club ?  

3. Have you developed any Health problems after joining the Health Club ? ☐ ☐

4. Do you feel happier after 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 after 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 instructors 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 clubs 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?
Appendix D

Role of Health Clubs in Promotion of Health of Sedentary Population

(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 customers 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 overall physical fitness of the body?
   Yes □ No □

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

7. Do the customers follow your instructions?
   Yes □ No □

8. Do you give the customers 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 organised on the latest trends of 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 customers?
    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 customers?
   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 ☐
APPENDIX E

NAMES AND ADDRESSES OF THE HEALTH CLUBS SURVEYED

<table>
<thead>
<tr>
<th>Delhi</th>
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</thead>
<tbody>
<tr>
<td>1. Ozon Health Center</td>
<td>- Defence Colony</td>
</tr>
<tr>
<td>2. Pulse Impulse</td>
<td>- No. 3 Ring Road</td>
</tr>
<tr>
<td>3. Planet X</td>
<td>- Priti Vihar</td>
</tr>
<tr>
<td>4. Total Fitness Center</td>
<td>- R.K. Puram</td>
</tr>
<tr>
<td>5. Arrow Gymnasium</td>
<td>- Vasant Vihar</td>
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<tr>
<th>Kolkata</th>
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</tr>
</thead>
<tbody>
<tr>
<td>1. Reva Puri</td>
<td>- Hazra Road</td>
</tr>
<tr>
<td>2. Thakral's</td>
<td>- Alipore Road</td>
</tr>
<tr>
<td>3. Thakral's</td>
<td>- Park Street</td>
</tr>
<tr>
<td>4. Slim Point</td>
<td>- Salt Lake</td>
</tr>
<tr>
<td>5. Slim Gym</td>
<td>- Salt Lake</td>
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<thead>
<tr>
<th>Mumbai</th>
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</tr>
</thead>
<tbody>
<tr>
<td>1. Talwalkars Gym</td>
<td>- Santa Cruz</td>
</tr>
<tr>
<td>2. Health Spa</td>
<td>- Bandra (West)</td>
</tr>
<tr>
<td>3. Raymonds</td>
<td>- Santa Cruz (East)</td>
</tr>
<tr>
<td>4. Bombay Gymkhana</td>
<td>- Khar (West)</td>
</tr>
</tbody>
</table>
5. Talwalkars - Chembur

Chennai

1. Robin and Robin - Annanagar
2. Nichani Health Care Center - Raja Puram
3. Vijaya Health Care - Vadapalani
4. Health Club Fitness Center - Vadapalani, Abinaya Gym
5. Asana Andiyapan - Annanagar