

Thank you for taking the time to join this research Programme.

My aim, in conducting this Programme was to establish whether a series of specifically designed Pilates exercises can enhance the fitness of serving Military personnel who are considered fit and well.

1. Do you feel that this programme has enhanced your ability to train and maintain your fitness?

I'm stronger thanks to the programme

No difference

I'm worse off thanks to the programme

2. Had you done any Pilates before you joined this programme?

- No, never
- Yes, in a Matwork Class
- Yes, on the Pilates Apparatus
- Yes, using a DVD or book

3. Are you more aware of your posture now?:

I am more aware of my posture

I don't notice my posture

I am less aware of my posture

4. Are you more or less likely to seek out Pilates as part of your normal training routine after having taken part in this programme?

More Likely

As Likely

Less Likely

5. How I notice my Affected Area

In the Opening Survey, we established your particular 'Affected Area' which you notice some of the time.

This list contains sentences that people have used to describe themselves when they are bothered by their Affected Area. When you read them, you may find that some stand out because they describe you today.

When you read a sentence that describes you today, put a tick against it. If the sentence does not describe you, then leave the space blank and go on to the next one.

Remember, only tick the sentence if you are sure it describes you today.

- 1. I change position frequently to try to get comfortable
- 2. My Affected Area stops me from carrying on with normal training
- 3. I move more slowly than usual because of my Affected Area
- 4. Because of my Affected Area I am not doing any of the jobs that I usually do at home
- 5. My Affected Area doesn't stop me at all
- 6. I only stand for short periods of time because of my Affected Area
- 7. I feel my Affected Area after exercise
- 8. Because of my Affected Area, I try to avoid certain movements
- 9. I notice my Affected Area when I have been sitting
- 10. Because of my Affected Area, I try not to bend or kneel down
- 11. My Affected Area is noticeable almost all the time
- 12. I find it difficult to turn over in bed because of my Affected Area
- 13. I notice my Affected Area when walking with weight on my back
- 14. I only walk short distances because of my Affected Area
- 15. I sleep less well because of my Affected Area
- 16. I notice my Affected Area when I wake up in the morning
- 17. I avoid heavy jobs around the house because of my Affected Area
- 18. When I notice my Affected Area, I can still carry on as normal
- 19. When I wearing and carry my personal equipment I notice my Affected Area
- 20. I feel my Affected Area during exercise
- 21. Because of my Affected Area, I am more irritable and bad tempered with people than usual
- 22. My Affected Area interrupts my concentration
- 23. Because of my Affected Area, I go uphill or upstairs more slowly than usual

6. Thinking about today please rate how much you have felt your Affected Area from Bad to Good

Bad

Good



7. Did the Programme match your expectations of Pilates?

- Above My Expectations
- Met My Expectations
- Below My Expectations

8. Is there anything which you feel the Programme was missing or could have done differently?

9. Can you describe how you feel different after having done the Programme?