Questions for analysing beliefs

- What commonly held beliefs did we identify through the survey and our analysis of it?
- What are my thoughts about these commonly held beliefs?
- What are my beliefs about exercise, fitness, and health?
- How do my beliefs compare or contrast with the commonly held beliefs?
- How have my beliefs been formed?
- What evidence is there to back up my beliefs? How have I come to believe what I do?
- What attitudes about exercise, fitness, and health are expressed through the beliefs identified in the survey?
- What knowledge about exercise, fitness, and health is missing from the beliefs identified in the survey? Why do I think this knowledge is missing?
- How do messages in society reinforce people’s beliefs about exercise, fitness, and health?
- What groups of people are advantaged by these messages? How are they advantaged?
- What groups of people are disadvantaged by these messages? How are they disadvantaged?
- What needs to change if everyone is to benefit? What action can I take, individually or with others, to increase people's understanding of the relationship between exercise, fitness, and health?