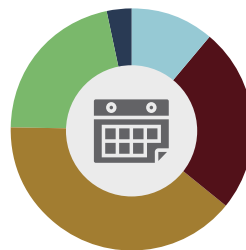


Preliminary Results from First Health Questionnaire

These infographics provide a snapshot of information shared by respondents. This page includes early data on exercise and weight gain.

NUMBER OF DAYS A WEEK RESPONDENTS EXERCISE

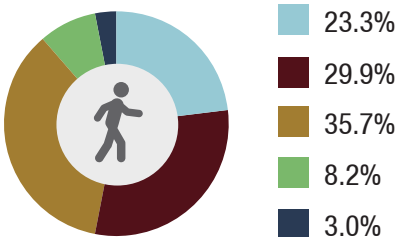


- 0 days, 11.2%
- 1–2 days, 24.7%
- 3–4 days, 39.3%
- 5–6 days, 21.6%
- 7 days, 3.1%

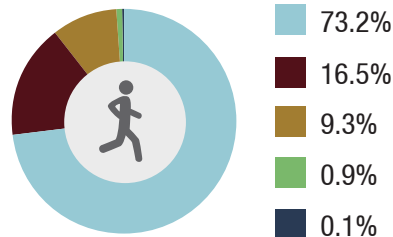
HOURS SPENT EACH WEEK ON VARIOUS TYPES OF EXERCISE

0 hours <1 hour 1–5 hours 6–10 hours 10+ hours

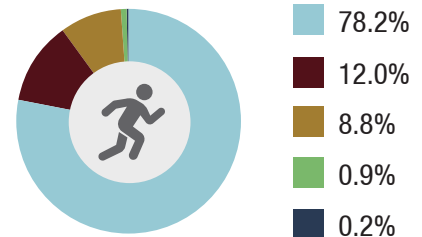
Walking



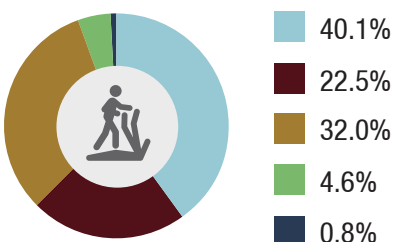
Jogging



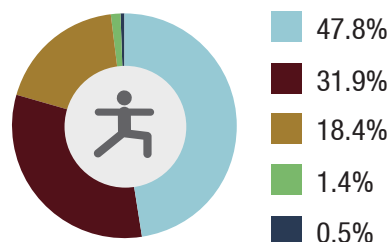
Running



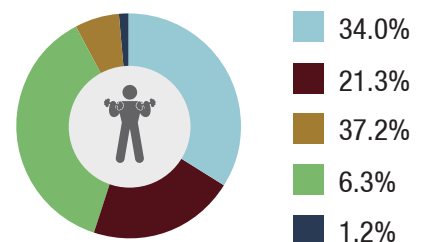
Other Aerobic Activities



Low-Intensity Aerobics



Weight Training



WEIGHT GAIN POST-PLAYING YEARS

120 → 601

During professional playing years, weight ranged between **120 and 601 lbs.**



Average weight during active play years = **240 lbs.**

+24

25% of respondents **gained 24 lbs or more** between their active playing years and when they completed the questionnaire.