

NEW ZEALAND BODYBUILDER SURVEY

Bodybuilding Opinions: “Health and Balance”

Introduction by Anne Probert

This paper is part of a series I am progressively releasing to bodybuilders in New Zealand who participated in my national survey concerning competitive bodybuilding. 382 bodybuilders responded to the survey and these papers provide insight into the lives and views of such participants.

The survey included a list of 36 statements and participants were asked to define on a scale from 1 to 4 the extent they agreed or disagree with the statements. (1= strongly disagreed; 2= somewhat disagreed; 3= somewhat agreed; 4= strongly agreed).

Although each statement pertains to many complex issues, for the purposes of simplicity, I have categorised them into several broad sections.

This paper documents the results of those statements which I have broadly categorised as relating to “**Health and Balance**”.

Specifically, it highlights bodybuilder responses i.e. their views, self-perceptions and opinions, with respect to the following survey statements:

- **I believe I have a balanced outlook on health and fitness.**
- **If I miss a workout I feel extremely guilty.**
- **I consider I have a balanced lifestyle**
- **I consider participating in bodybuilding competitions to be a healthy activity.**
- **I believe some aspects of bodybuilding are unhealthy but I am willing to do what it takes in order to compete.**
- **If I could eat junk food all day and still be lean and muscular , I would.**
- **I don't restrict my diet post competition.**

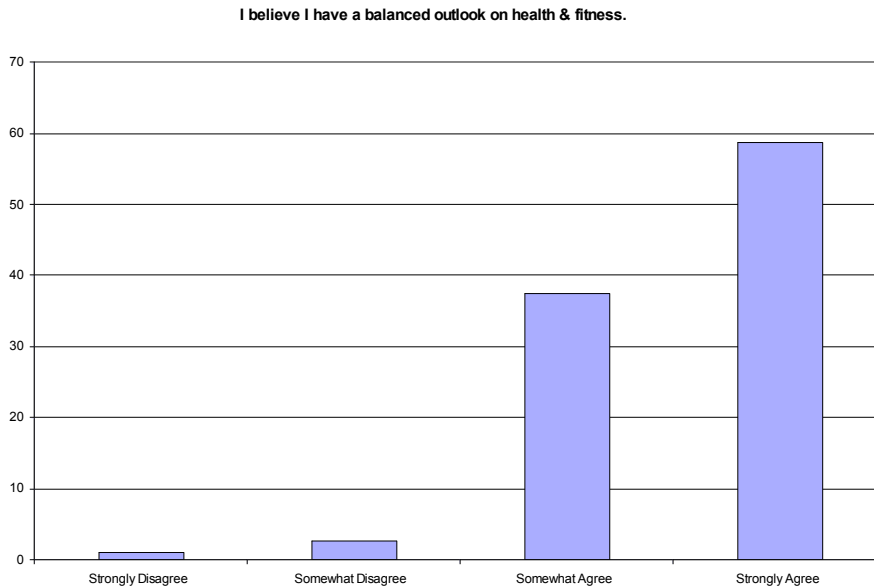
Check out the results over the following pages ...

Survey Results

Statement: I believe I have a balanced outlook on health and fitness.

Outcome: The majority of respondents "strongly agreed" with this statement.

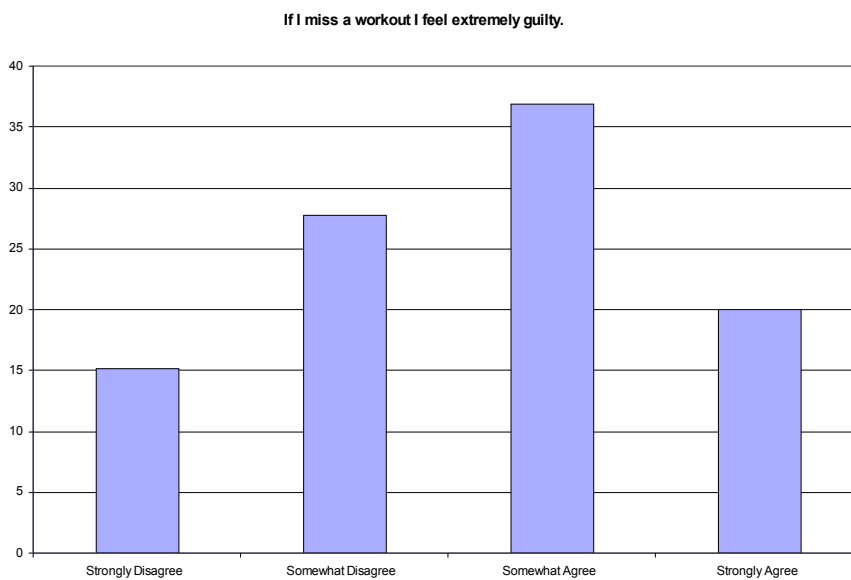
Mean score: 3.54



Statement: If I miss a workout I feel extremely guilty.

Outcome: the majority of respondents "somewhat agreed" with this statement.

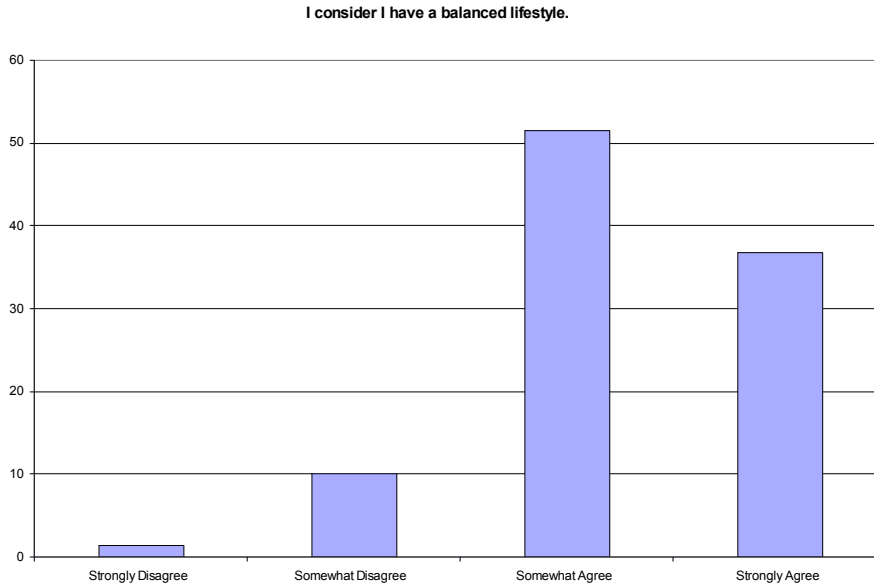
Mean score: 2.62



Statement: I consider I have a balanced lifestyle

Outcome: the majority of respondents "somewhat agreed" with this statement.

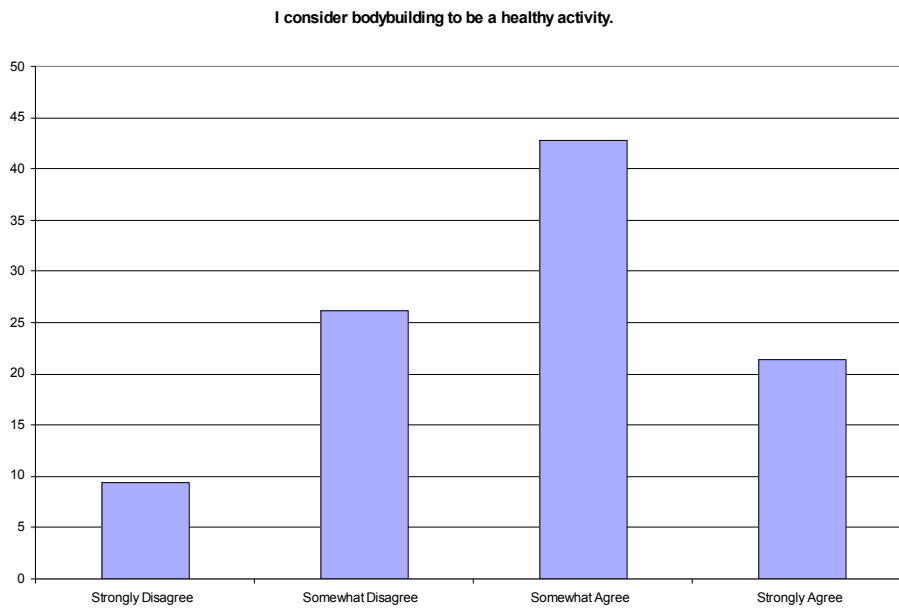
Mean score: 3.24



Statement: I consider participating in bodybuilding competitions to be a healthy activity.

Outcome: The majority of respondents "somewhat agreed" with this statement.

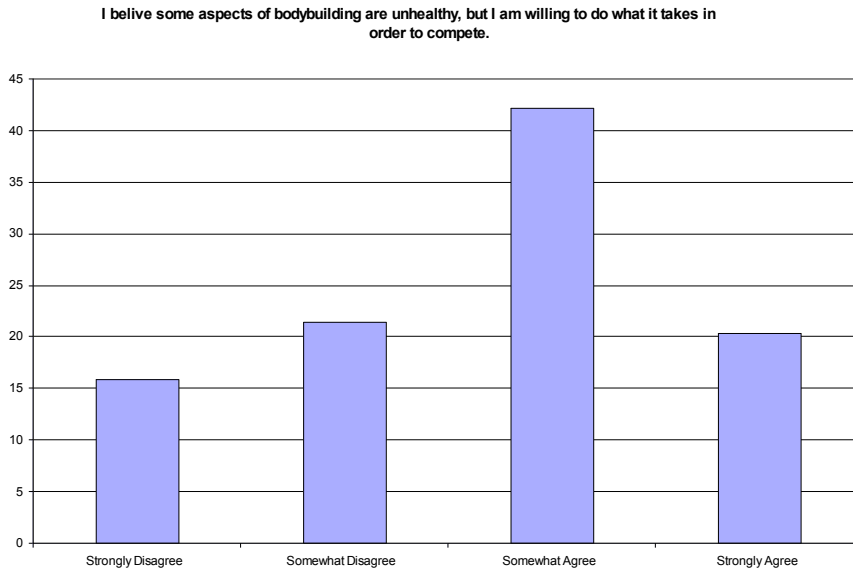
Mean score: 2.76



Statement: I believe some aspects of bodybuilding are unhealthy but I am willing to do what it takes in order to compete.

Outcome: The majority of respondents “somewhat agreed” with this statement.

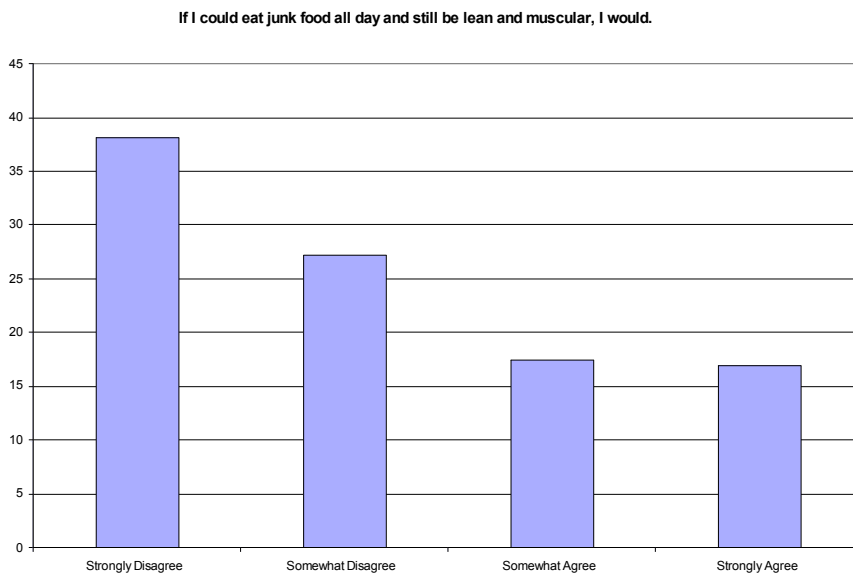
Mean score: 2.67



Statement: If I could eat junk food all day and still be lean and muscular, I would.

Outcome: The majority of respondents “strongly disagreed” with this statement.

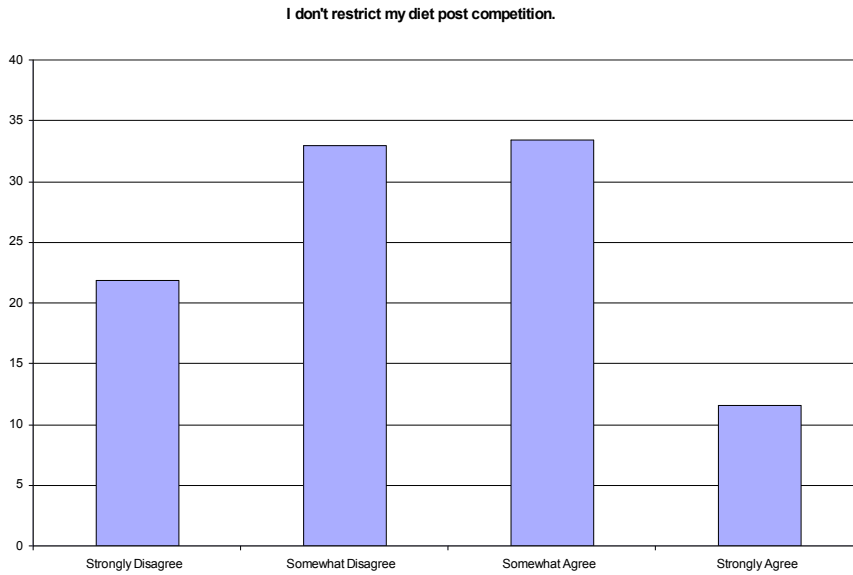
Mean score: 2.13



Statement: I don't restrict my diet post competition.

Outcome: The majority of respondents "somewhat agreed" with this statement (just !!!!).

Mean score: 2.35



These results, in conjunction with other survey outcomes, provide preliminary insights on a range of issues. They will combine with more in-depth information, to be gathered via personal interviews with competitive bodybuilders in New Zealand, planned for 2006.