

Families at leisure outdoors: well-being through adventure

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Table 1: Profiles of family respondents

Family initials	Girls and ages (years)	Boys and ages (years)	Parents' professions	Annual family adventure holidays*	Family adventure holiday activities
BR	13	11	Teacher, Physiotherapist	4	Climbing, scrambling, hiking, swimming
TA		10 7	IT Architect, Homemaker	2	Hiking, mountain biking, climbing, swimming
TR	10	12	IT Consultant, Orienteering Coach & Development Officer	5	Orienteering, skiing, hiking, mountain biking
WA	5		Programme Manager, Economic Development Consultant	3	Hiking, cycling, climbing
LA		12	IT Consultant, Artist	4	Scuba diving, snorkelling, mountain biking, canyoning
HU	9	7	Product Designer, Teaching Assistant	4	Climbing, scrambling, mountain biking, snorkelling, coasteering
WR	11	9 5	HR Director, Prosthetist	3	Skiing, cycling, bodyboarding, swimming
DR	8	13 12	University Lecturer, University Researcher	3	Canoeing, hiking, swimming
HA	15	12 10	Teacher, Architect	3	Cycling, mountain biking, hiking, surfing, kayaking, swimming
KN	17 12	15	Charity Manager	2	Surfing, hiking, swimming
CO	8	11	Health Visitor, Plumber	2	Snowboarding, skiing, surfing, horse riding
BA		14 12	NHS Manager, Quantity Surveyor	3	Skiing, cycling, mountain biking, hiking, canoeing
NA	13 12		General Practitioner, Property Developer	2	Hiking, cycling, paragliding, swimming, white-water rafting
RO	13 11 9		Outdoor Instructor, Homemaker	5	Hiking, climbing, scrambling, kayaking, swimming
OA		13 12	University Lecturer, Engineer	5	Skiing, hiking, scrambling, canoeing, climbing, mountain biking

*Includes holidays or short breaks, where the key focus is adventure, and those trips where adventure is not the key focus but families participate in some adventure activities.