

## PART 4: PHYSICAL ACTIVITY QUESTIONS

The next questions will ask you about your physical activity over the last 4 weeks.

We would now like you to recall your average weekly physical activity over the past 4 weeks.

Think of an average week in the past 4 weeks. How many times (sessions) and for how long did you do the following kinds of activity in your free time?

Only count sessions that were for more than 10 minutes and were during your free time.

Please:

- Only count physical activity sessions that lasted **10 minutes or longer**.
- Do not count physical activity like housework or activity done at work.
- **If you have not performed any physical activity, please write '0' in that space.**

In an average week, my physical activity is:

a) Times a week

b) Average length of session

### 1. Strenuous physical activity

(heart beats rapidly, sweating)

(e.g., aerobics classes, jogging, swimming laps, hard bicycling, singles tennis, soccer)

\_\_\_\_\_

\_\_\_\_\_minutes

### 2. Moderate physical activity

(not exhausting, light sweating)

(e.g., brisk walking, doubles tennis, easy bicycling, pilates, yoga, easy swimming, popular and folk dancing, golf without a cart)

\_\_\_\_\_

\_\_\_\_\_minutes

### 3. Mild physical activity

(minimal effort, no sweating)

(e.g., easy walking, bowling, lawn bowling, shuffleboard, golf with a cart)

\_\_\_\_\_

\_\_\_\_\_minutes

4. Would you like to disclose anything that recently happened that has abnormally changed your response to this survey?