EXERCISE

In the <u>past 10 years</u>, did you do any of the following activities at least once a week for a year? *Do not include gardening, housework or work on the job.*

15. In the <u>past 10 years</u>, did you WALK for exercise? *Include walking on a treadmill.*

○ Yes, at least once a week for a year

○ No

a) How many years in past 10?
○ 1-3   ○ 7-9
○ 4-6   ○ 10+

b) Days per week?
○ 1-2   ○ 5-7
○ 3-4

c) Minutes per day?
○ 10-25   ○ 45-55
○ 30-40   ○ 60+

d) Usual pace?
○ Casual (each mile takes 30 minutes or more)
○ Moderate (each mile takes 20-29 minutes)
○ Fast (each mile takes 19 minutes or less)

16. In the <u>past 10 years</u>, did you LIFT WEIGHTS or use weight machines?

○ Yes, at least once a week for a year

○ No

a) How many years in past 10?
○ 1-3   ○ 7-9
○ 4-6   ○ 10+

b) Days per week?
○ 1-2   ○ 5-7
○ 3-4

c) Minutes per day?
○ 10-25   ○ 45-55
○ 30-40   ○ 60+

17. In the <u>past 10 years</u>, did you do YOGA?

○ Yes, at least once a week for a year

○ No

a) How many years in past 10?
○ 1-3   ○ 7-9
○ 4-6   ○ 10+

b) Days per week?
○ 1-2   ○ 5-7
○ 3-4

c) Minutes per day?
○ 10-25   ○ 45-55
○ 30-40   ○ 60+

18. In the <u>past 10 years</u>, did you do MILD exercise such as golf, slow dancing or bowling?

○ Yes, at least once a week for a year

○ No

a) How many years in past 10?
○ 1-3   ○ 7-9
○ 4-6   ○ 10+

b) Days per week?
○ 1   ○ 3-4
○ 2   ○ 5-7

c) Hours per day?
○ Less than 1 hour   ○ 1-2 hours
                       ○ 3+ hours

19. In the <u>past 10 years</u>, did you do MODERATE OR STRENUOUS exercise such as running, aerobics, folk dancing, swimming, cycling or sports?

○ Yes, at least once a week for a year

○ No

a) How many years in past 10?
○ 1-3   ○ 7-9
○ 4-6   ○ 10+

b) Days per week?
○ 1-2   ○ 5-7
○ 3-4

c) Minutes per day?
○ 10-25   ○ 45-55
○ 30-40   ○ 60+

d) What types of exercise did you do most often? *Mark one or two. If you used an exercise machine, choose the closest activity.*

○ Light conditioning exercises
○ Low impact or water aerobics
○ Aerobics class or video
○ Running/jogging
○ Swimming laps
○ Popular or folk dancing
○ Slow cycling or stair machine
○ Fast cycling or stair machine
○ Tennis, racquetball, squash
○ Other