

EXERCISE

In the past 10 years, 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 past 10 years, did you **WALK** for exercise? *Include walking on a treadmill.*

Yes, at least once a week for a year

↳ a) **How many years in past 10?**

No

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 past 10 years, did you **LIFT WEIGHTS** or use weight machines?

Yes, at least once a week for a year

↳ a) **How many years in past 10?**

No

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 past 10 years, did you do **YOGA**?

Yes, at least once a week for a year

↳ a) **How many years in past 10?**

No

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 past 10 years, did you do **MILD** exercise such as golf, slow dancing or bowling?

Yes, at least once a week for a year

↳ a) **How many years in past 10?**

No

1-3 7-9
 4-6 10+



b) **Days per week?**

1 3-4
 2 5-7

c) **Hours per day?**

Less than 1-2 hours
 1 hour 3+ hours

19. In the past 10 years, 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

↳ a) **How many years in past 10?**

No

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