SUPPLEMENTAL DIGITAL CONTENT 1: Lifelong Physical Activity Questionnaire
(translated from Dutch)
Age 12 – 19 years

Did you perform exercise in the age period 12 – 19 years?

- Yes (then fill in the table below)
- No (continue with the next question)

<table>
<thead>
<tr>
<th>Type of Sport</th>
<th>Time period</th>
<th>How many weeks per years</th>
<th>How often per week (times per week)</th>
<th>How long (hours per session)</th>
<th>Intensity (light, moderate, high)*</th>
</tr>
</thead>
<tbody>
<tr>
<td>E.g.: Doubles tennis</td>
<td>2 years 6 months</td>
<td>40 weeks</td>
<td>2 times per week</td>
<td>1 hour per session</td>
<td>moderate intensity</td>
</tr>
</tbody>
</table>

Light intensity: activities that cost little effort and are easy to perform.
Moderate intensity: activities that (slightly) increase breathing and heart rate.
High intensity: activities that greatly increase breathing and heart rate.

Which of the activities above did you perform competitively in the age period 12 – 19 years?

________________________________________________________

Did you travel by foot or by bike to school and/or work in the age period 12 – 19 years?

- Yes (then fill in the table below)
- No (continue with the next question)

<table>
<thead>
<tr>
<th>Activity to school or work</th>
<th>Time period</th>
<th>How often per week (number of days per week)</th>
<th>How long per day (back and forth)</th>
<th>Intensity (light, moderate, high)*</th>
</tr>
</thead>
<tbody>
<tr>
<td>For example: Cycling</td>
<td>6 years</td>
<td>5 days per week</td>
<td>30 minutes per day</td>
<td>moderate intensity</td>
</tr>
</tbody>
</table>

Light intensity: activities that cost little effort and are easy to perform.
Moderate intensity: activities that (slightly) increase breathing and heart rate.
High intensity: activities that greatly increase breathing and heart rate.
Age 20 – 29 years

Did you perform exercise in the age period 20 – 29 years?

☐ Yes (then fill in the table below)
☐ No (continue with the next question)

<table>
<thead>
<tr>
<th>Type of Sport</th>
<th>Time period</th>
<th>How many weeks per years</th>
<th>How often per week</th>
<th>How long (hours per session)</th>
<th>Intensity (light, moderate, high)*</th>
</tr>
</thead>
<tbody>
<tr>
<td>E.g.: Doubles tennis</td>
<td>2 years 6 months</td>
<td>40 weeks</td>
<td>2 times per week</td>
<td>1 hour per session</td>
<td>moderate intensity</td>
</tr>
</tbody>
</table>

Light intensity: activities that cost little effort and are easy to perform.
Moderate intensity: activities that (slightly) increase breathing and heart rate.
High intensity: activities that greatly increase breathing and heart rate.

Which of the activities above did you perform competitively in the age period 20 – 29 years?

________________________________________________________________________________________

Did you travel by foot or by bike to school and/or work in the age period 20 – 29 years?

☐ Yes (then fill in the table below)
☐ No (continue with the next question)

<table>
<thead>
<tr>
<th>Activity to school or work</th>
<th>Time period</th>
<th>How often per week (number of days per week)</th>
<th>How long per day (back and forth)</th>
<th>Intensity (light, moderate, high)*</th>
</tr>
</thead>
<tbody>
<tr>
<td>For example: Cycling</td>
<td>8 years</td>
<td>5 days per week</td>
<td>30 minutes per day</td>
<td>moderate intensity</td>
</tr>
</tbody>
</table>

Light intensity: activities that cost little effort and are easy to perform.
Moderate intensity: activities that (slightly) increase breathing and heart rate.
High intensity: activities that greatly increase breathing and heart rate.
Age 30 – 39 years

Did you perform exercise in the age period 30 – 39 years?

- Yes (then fill in the table below)
- No (continue with the next question)
- Age category not yet reached (please proceed to the final page of the questionnaire)

<table>
<thead>
<tr>
<th>Type of Sport</th>
<th>Time period</th>
<th>How many weeks per years</th>
<th>How often per week (times per week)</th>
<th>How long (hours per session)</th>
<th>Intensity (light, moderate, high)*</th>
</tr>
</thead>
<tbody>
<tr>
<td>E.g.: Doubles tennis</td>
<td>2 years 6 months</td>
<td>40 weeks</td>
<td>2 times per week</td>
<td>1 hour per session</td>
<td>moderate intensity</td>
</tr>
</tbody>
</table>

Light intensity: activities that cost little effort and are easy to perform.
Moderate intensity: activities that (slightly) increase breathing and heart rate.
High intensity: activities that greatly increase breathing and heart rate.

Which of the activities above did you perform competitively in the age period 30 – 39 years?

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Did you travel by foot or by bike to school and/or work in the age period 30 – 39 years?

- Yes (then fill in the table below)
- No (continue with the next question)

<table>
<thead>
<tr>
<th>Activity to school or work</th>
<th>Time period</th>
<th>How often per week (number of days per week)</th>
<th>How long per day (back and forth)</th>
<th>Intensity (light, moderate, high)*</th>
</tr>
</thead>
<tbody>
<tr>
<td>For example: Cycling</td>
<td>8 years</td>
<td>5 days per week</td>
<td>30 minutes per day</td>
<td>moderate intensity</td>
</tr>
</tbody>
</table>

Light intensity: activities that cost little effort and are easy to perform.
Moderate intensity: activities that (slightly) increase breathing and heart rate.
High intensity: activities that greatly increase breathing and heart rate.
Did you perform exercise in the age period 40 – 49 years?

- Yes (then fill in the table below)
- No (continue with the next question)
- Age category not yet reached (please proceed to the final page of the questionnaire)

<table>
<thead>
<tr>
<th>Type of Sport</th>
<th>Time period</th>
<th>How many weeks per year</th>
<th>How often per week (times per week)</th>
<th>How long (hours per session)</th>
<th>Intensity (light, moderate, high)*</th>
</tr>
</thead>
<tbody>
<tr>
<td>E.g.: Doubles tennis</td>
<td>2 years 6 months</td>
<td>40 weeks</td>
<td>2 times per week</td>
<td>1 hour per session</td>
<td>moderate intensity</td>
</tr>
</tbody>
</table>

Light intensity: activities that cost little effort and are easy to perform.
Moderate intensity: activities that (slightly) increase breathing and heart rate.
High intensity: activities that greatly increase breathing and heart rate.

Which of the activities above did you perform competitively in the age period 40 – 49 years?


Did you travel by foot or by bike to school and/or work in the age period 40 – 49 years?

- Yes (then fill in the table below)
- No (continue with the next question)

<table>
<thead>
<tr>
<th>Activity to school or work</th>
<th>Time period</th>
<th>How often per week (number of days per week)</th>
<th>How long per day (back and forth)</th>
<th>Intensity (light, moderate, high)*</th>
</tr>
</thead>
<tbody>
<tr>
<td>For example: Cycling</td>
<td>8 years</td>
<td>5 days per week</td>
<td>30 minutes per day</td>
<td>moderate intensity</td>
</tr>
</tbody>
</table>

Light intensity: activities that cost little effort and are easy to perform.
Moderate intensity: activities that (slightly) increase breathing and heart rate.
High intensity: activities that greatly increase breathing and heart rate.
**Age 50 – 59 years**

**Did you perform exercise in the age period 50 – 59 years?**
- Yes (then fill in the table below)
- No (continue with the next question)
- Age category not yet reached (please proceed to the final page of the questionnaire)

<table>
<thead>
<tr>
<th>Type of Sport</th>
<th>Time period</th>
<th>How many weeks per years</th>
<th>How often per week (times per week)</th>
<th>How long (hours per session)</th>
<th>Intensity (light, moderate, high)*</th>
</tr>
</thead>
<tbody>
<tr>
<td>E.g.: Doubles tennis</td>
<td>2 years 6 months</td>
<td>40 weeks</td>
<td>2 times per week</td>
<td>1 hour per session</td>
<td>moderate intensity</td>
</tr>
</tbody>
</table>

Light intensity: activities that cost little effort and are easy to perform.
Moderate intensity: activities that (slightly) increase breathing and heart rate.
High intensity: activities that greatly increase breathing and heart rate.

**Which of the activities above did you perform competitively in the age period 50 – 59 years?**

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**Did you travel by foot or by bike to school and/or work in the age period 50 – 59 years?**
- Yes (then fill in the table below)
- No (continue with the next question)

<table>
<thead>
<tr>
<th>Activity to school or work</th>
<th>Time period</th>
<th>How often per week (number of days per week)</th>
<th>How long per day (back and forth)</th>
<th>Intensity (light, moderate, high)*</th>
</tr>
</thead>
<tbody>
<tr>
<td>For example: Cycling</td>
<td>8 years</td>
<td>5 days per week</td>
<td>30 minutes per day</td>
<td>moderate intensity</td>
</tr>
</tbody>
</table>

Light intensity: activities that cost little effort and are easy to perform.
Moderate intensity: activities that (slightly) increase breathing and heart rate.
High intensity: activities that greatly increase breathing and heart rate.
Did you perform exercise in the age period 60 – 69 years?

- Yes (then fill in the table below)
- No (continue with the next question)
- Age category not yet reached (please proceed to the final page of the questionnaire)

<table>
<thead>
<tr>
<th>Type of Sport</th>
<th>Time period</th>
<th>How many weeks per years</th>
<th>How often per week (times per week)</th>
<th>How long (hours per session)</th>
<th>Intensity (light, moderate, high)*</th>
</tr>
</thead>
<tbody>
<tr>
<td>E.g.: Doubles tennis</td>
<td>2 years &amp; 6 months</td>
<td>40 weeks</td>
<td>2 times per week</td>
<td>1 hour per session</td>
<td>moderate intensity</td>
</tr>
</tbody>
</table>

Light intensity: activities that cost little effort and are easy to perform.
Moderate intensity: activities that (slightly) increase breathing and heart rate.
High intensity: activities that greatly increase breathing and heart rate.

Which of the activities above did you perform competitively in the age period 60 – 69 years?

Did you travel by foot or by bike to school and/or work in the age period 60 – 69 years?

- Yes (then fill in the table below)
- No (continue with the next question)

<table>
<thead>
<tr>
<th>Activity to school or work</th>
<th>Time period</th>
<th>How often per week (number of days per week)</th>
<th>How long per day (back and forth)</th>
<th>Intensity (light, moderate, high)*</th>
</tr>
</thead>
<tbody>
<tr>
<td>For example: Cycling</td>
<td>8 years</td>
<td>5 days per week</td>
<td>30 minutes per day</td>
<td>moderate intensity</td>
</tr>
</tbody>
</table>

Light intensity: activities that cost little effort and are easy to perform.
Moderate intensity: activities that (slightly) increase breathing and heart rate.
High intensity: activities that greatly increase breathing and heart rate.
Did you perform exercise in the age period 70 – 79 years?

- Yes (then fill in the table below)
- No (continue with the next question)
- Age category not yet reached (please proceed to the final page of the questionnaire)

<table>
<thead>
<tr>
<th>Type of Sport</th>
<th>Time period</th>
<th>How many weeks per years</th>
<th>How often per week (times per week)</th>
<th>How long (hours per session)</th>
<th>Intensity (light, moderate, high)*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>E.g.: Doubles tennis</strong></td>
<td>2 years 6 months</td>
<td>40 weeks</td>
<td>2 times per week</td>
<td>1 hour per session</td>
<td>moderate intensity</td>
</tr>
</tbody>
</table>

Light intensity: activities that cost little effort and are easy to perform.
Moderate intensity: activities that (slightly) increase breathing and heart rate.
High intensity: activities that greatly increase breathing and heart rate.

Which of the activities above did you perform competitively in the age period 70 – 79 years?

---

Did you travel by foot or by bike to school and/or work in the age period 70 – 79 years?

- Yes (then fill in the table below)
- No (continue with the next question)

<table>
<thead>
<tr>
<th>Activity to school or work</th>
<th>Time period</th>
<th>How often per week (number of days per week)</th>
<th>How long per day (back and forth)</th>
<th>Intensity (light, moderate, high)*</th>
</tr>
</thead>
<tbody>
<tr>
<td>For example: Cycling</td>
<td>4 years</td>
<td>5 days per week</td>
<td>30 minutes per day</td>
<td>moderate intensity</td>
</tr>
</tbody>
</table>

Light intensity: activities that cost little effort and are easy to perform.
Moderate intensity: activities that (slightly) increase breathing and heart rate.
High intensity: activities that greatly increase breathing and heart rate.
## Age 80 – 89 years

### Did you perform exercise in the age period 80 – 89 years?

- [ ] Yes (then fill in the table below)
- [ ] No (continue with the next question)
- [ ] Age category not yet reached (please proceed to the final page of the questionnaire)

### Type of Sport | Time period | How many weeks per years | How often per week (times per week) | How long (hours per session) | Intensity (light, moderate, high)*
--- | --- | --- | --- | --- | ---
E.g.: Doubles tennis | 2 years & months | 40 weeks | 2 times per week | 1 hour per session | moderate intensity

*Light intensity: activities that cost little effort and are easy to perform.
Moderate intensity: activities that (slightly) increase breathing and heart rate.
High intensity: activities that greatly increase breathing and heart rate.

Which of the activities above did you perform competitively in the age period 80 – 89 years?

________________________________________________________________________________________

### Did you travel by foot or by bike to school and/or work in the age period 80 – 89 years?

- [ ] Yes (then fill in the table below)
- [ ] No (continue with the next question)

### Activity to school or work | Time period | How often per week (number of days per week) | How long per day (back and forth) | Intensity (light, moderate, high)*
--- | --- | --- | --- | ---
For example: Cycling | 2 years | 5 days per week | 30 minutes per day | moderate intensity

*Light intensity: activities that cost little effort and are easy to perform.
Moderate intensity: activities that (slightly) increase breathing and heart rate.
High intensity: activities that greatly increase breathing and heart rate.
This is the end of the questionnaire.

If you have any additional information, you can place it in the box below: