

Exercise Questionnaire: In the past 10 years, including the most recent year, 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.

TABLE: PAST_PHYSICAL_ACTIVITY

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

walk

 N No, **go to question 2.**

 Y Yes, please answer the following questions:

a. During the last 10 years, how many years did you walk for exercise? (check one)

walk_years **1** 1-3 **2** 4-6 **3** 7-9 **4** 10 (walked for exercise all of the past 10 years)

b. Days per week? (check one) **walk_days** **1** 1-2 **2** 3-4 **3** 5-7

c. Minutes per day? (check one) **walk_mins** **1** 10-25 **2** 30-40 **3** 45-55 **4** 60+

d. Usual pace? (check one) **walk_pace** **1** Casual (each mile takes 30 minutes or more)
 2 Moderate (each mile takes 20-29 minutes)
 3 Fast (each mile takes 19 minutes or less)

2. In the past 10 years, did you **LIFT WEIGHTS** or use weight machines?

weights

 N No, **go to question 3.**

 Y Yes, please answer the following questions:

a. During the past 10 years, how many years did you lift weights? (check one) **weights_years**

 1 1-3 **2** 4-6 **3** 7-9 **4** 10 (lifted weights all of the past 10 years)

b. Days per week? (check one) **weights_days** **1** 1-2 **2** 3-4 **3** 5-7

c. Minutes per day? (check one) **weights_mins** **1** 10-25 **2** 30-40 **3** 45-55 **4** 60+

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

mild

 N No, **go to question 4.**

 Y Yes, please answer the following questions:

a. During the last 10 years, how many years did you do mild exercise? (check one)

mild_years **1** 1-3 **2** 4-6 **3** 7-9 **4** 10

b. Days per week? (check one) **mild_days** **1** 1-2 **2** 3-4 **2** 5-7

c. Minutes per day? (check one) **mild_mins** **1** 10-25 **2** 30-55 **3** 60-115 **4** 120+

4. In the past 10 years, did you do **MODERATE** exercise such as **casual** jogging, aerobics, dancing, swimming, cycling or sports?

moderate

N No, go to question 5.

Y Yes, please answer the following questions:

a. During the last 10 years, how many years did you do moderate exercise? (check one)

moderate_years **_1_** 1-3 **_2_** 4-6 **_3_** 7-9 **_4_** 10

b. Days per week? (check one) **moderate_days** **_1_** 1-2 **_2_** 3-4 **_3_** 5-7

c. Minutes per day? (check one) **moderate_mins** **_1_** 10-25 **_2_** 30-40 **_3_** 45-55 **_4_** 60+

5. In the past 10 years, did you do **STRENUOUS** exercise such as **vigorous** running, aerobics, dancing, swimming, or cycling?

strenuous

N No, go to question 6.

Y Yes, please answer the following questions:

a. During the last 10 years, how many years did you do strenuous exercise? (check one)

strenuous_years **_1_** 1-3 **_2_** 4-6 **_3_** 7-9 **_4_** 10

b. Days per week? (check one) **strenuous_days** **_1_** 1-2 **_2_** 3-4 **_3_** 5-7

c. Minutes per day? (check one) **strenuous_mins** **_1_** 10-25 **_2_** 30-40 **_3_** 45-55 **_4_** 60+

6. What types of exercise did you do most often? (check all that apply). If you used an exercise machine, choose the closest activity. **(all 0/1)**

often_na ___ Not applicable (have not exercised in last 10 years)

often_light ___ Light conditioning exercises, yoga **often_dancing** ___ Popular or folk dancing

often_low ___ Low impact or water aerobics **often_slow_cycle** ___ Slow cycling or stair machine

often_aerobics ___ Aerobics class or video **often_fast_cycle** ___ Fast cycling or stair machine

often_running ___ Running/jogging **often_tennis** ___ Tennis, racquetball, squash

often_swimming ___ Swimming laps **often_other** ___ Other **(not entered)** _____