

INTERNATIONAL PHYSICAL ACTIVITY QUESTIONNAIRE

We are interested in finding out about the kinds of physical activities that people do as part of their everyday lives. The questions will ask you about the time you spent being physically active in the **last 7 days**. Please answer each question even if you do not consider yourself to be an active person. Please think about the activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise or sport.

Think about all the **vigorous** activities that you did in the **last 7 days**. **Vigorous** physical activities refer to activities that take hard physical effort and make you breathe much harder than normal. Think *only* about those physical activities that you did for at least 10 minutes at a time.

1. During the **last 7 days**, on how many days did you do **vigorous** physical activities like heavy lifting, digging, aerobics, or fast bicycling?

_____ **days per week**

No vigorous physical activities



Skip to question 3

2. How much time did you usually spend doing **vigorous** physical activities on one of those days?

_____ **hours per day**

_____ **minutes per day**

Don't know/Not sure

Think about all the **moderate** activities that you did in the **last 7 days**. **Moderate** activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal. Think *only* about those physical activities that you did for at least 10 minutes at a time.

3. During the **last 7 days**, on how many days did you do **moderate** physical activities like carrying light loads, bicycling at a regular pace, or doubles tennis? Do not include walking.

_____ **days per week**

No moderate physical activities



Skip to question 5

4. How much time did you usually spend doing **moderate** physical activities on one of those days?

_____ **hours per day**

_____ **minutes per day**

Don't know/Not sure

Think about the time you spent **walking** in the **last 7 days**. This includes at work and at home, walking to travel from place to place, and any other walking that you might do solely for recreation, sport, exercise, or leisure.

5. During the **last 7 days**, on how many days did you **walk** for at least 10 minutes at a time?

_____ **days per week**

No walking



Skip to question 7

6. How much time did you usually spend **walking** on one of those days?

_____ **hours per day**

_____ **minutes per day**

Don't know/Not sure

The last question is about the time you spent **sitting** on weekdays during the **last 7 days**. Include time spent at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading, or sitting or lying down to watch television.

7. During the **last 7 days**, how much time did you spend **sitting** on a **week day**?

_____ **hours per day**

_____ **minutes per day**

Don't know/Not sure

DEMOGRAPHIC QUESTIONS

1. Gender Man
 Woman

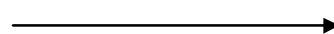
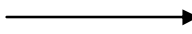

2. How old were you on your most recent birthday?

Number of Years
 I don't know / I am not sure
 I refuse to answer

3. How many years of education have you completed?

Number of Years
 I don't know / I am not sure
 I refuse to answer

4. Do you have a paid job at the present time?

Yes
 No  *Go to Question 6*
 I don't know / I am not sure.  *Go to Question 6.*
 I refuse to answer  *Go to Question 6.*

5. If your answer was yes, how many hours weekly do you work at your job?

Number of hours per week
 I don't know / I am not sure
 I refuse to answer

6. How would you classify the place where you live?

A large city (100 000 inhabitants or more)
 A medium-sized town (30 000 . 100 000 inhabitants)
 A small town (1,000 . 29,999 inhabitants)
 A small community or village (less than 1,000 inhabitants)
 I don't know / I am not sure
 I refuse to answer

Additional information

Height (cm):

Weight (kg):

Place where you live: Town Postcode Nationality:

Housing (house-H, block of flats-F): Smoker (yes-Y, no-N):

Household (live alone-A, family-O, family with children under 18-F): Do you own a dog (yes-Y, no-N):

Do you have access to any of the following (yes-Y, no-N) Bike Car Holiday/weekend home

Organized participation in physical activity: (Please indicate whether you participate in any organized physical activity. If so, how many times a week: Never-N, Once a week-1, 2times a week-2, More than twice a week--)

Which physical activity

do you participate in most regularly?

would you like to participate in?

I don't participate in physical activity!

Thank you for taking the time to complete this questionnaire.