

Supplementary Materials

Supplementary Table 1

Descriptive Statistics between the Current Study Sample and Participants Excluded from the Current Study Sample

	Sample who reported AARC and pain in 2019 and 2020 (n= 434)	Sample who reported data on pain in 2019 but not in 2020 (n= 579)	p-value
Age, M (SD)	65.50 (6.94)	65.06 (7.22)	.331
Women, n (%)	375 (86.4)	480 (82.9)	.128
Married, n (%)	323 (78.8)	436 (78.8)	.981
Education, n (%)			
Secondary education	47 (10.8)	96 (16.6)	.018
Post-secondary education	47 (10.8)	50 (8.6)	
Vocational qualification	86 (19.8)	114 (19.7)	
Undergraduate degree	160 (36.9)	184 (31.8)	
Post-graduate degree	74 (17.1)	120 (20.7)	
Doctorate	20 (4.6)	15 (2.6)	
White ethnicity, n (%)	431 (99.3)	525 (90.7)	.056
Employed, n (%)	160 (37.7)	229 (41.0)	.292
Pain at baseline, M (SD)	1.02 (2.72)	1.24 (2.92)	.232
Awareness of age-related losses at baseline, M (SD)	9.85 (3.27)	10.23 (3.47)	.080
Awareness of age-related gains at baseline, M (SD)	18.74 (3.67)	18.64 (3.77)	.660

Supplementary Table 2

Summary of Original Metabolic Weights and Revised Weights for Selected Items to Adjust for Performance by Older Adults: CHAMPS Physical Activity Questionnaire for Older Adults

Questionnaire Item	Comparable MET Values From Ainsworth and Colleagues and Rationale for Adjustment	CHAMPS Metabolic Weight
Dance (such as square, folk, line, ballroom) (do <u>not</u> count aerobic dance here)	Average of: (emphasis on general dancing) General dancing=4.5 Square=5.5 Folk=5.5 Ballroom slow=3.0 Line=5.5	4.5
Play golf, carrying or pulling your equipment (count <u>walking time</u> only)	Golf pulling clubs 5.0 Adjusted down to accommodate older adults' expenditure and to accommodate nature of golf (walking 3 mph)	3.0
Play golf, riding a cart (count <u>walking time</u> only)	Golf using power cart 3.5 Adjusted down to accommodate older adults' expenditure and to accommodate nature of golf	2.0
Play singles tennis (do <u>not</u> count doubles)	Singles tennis 8.0 Adjusted down for reduced exertion of older adults	6.0
Play doubles tennis (do <u>not</u> count singles)	Doubles tennis 6.0 Adjusted down for reduced exertion of older adults	4.0
Skate (ice, roller, in-line)	Roller skating 7.0 Adjusted down to be similar to very very brisk walk	4.5
Do heavy work around the house (such as washing windows, cleaning gutters)	Washing windows 4.5 Adjusted down to account for lack of specificity of task	3.0
Do light work around the house (such as sweeping or vacuuming)	Light cleaning, moderate effort = 2.5	2.5
Do heavy gardening (such as spading, raking)	Average of: spading 5.0 mowing power 4.5	4.0

Questionnaire Item	Comparable MET Values From Ainsworth and Colleagues and Rationale for Adjustment	CHAMPS Metabolic Weight
Do light gardening (such as watering plants)	weeding 4.5 planting bushes and seedlings 4.0 raking 4.0 trimming 4.5 sacking leaves 4.0 Adjusted to reflect intermittent nature of heavy gardening, and because it uses small muscle groups Average of:	2.25
Work on your car, truck, lawn mower, or other machinery	Watering lawn or garden, standing or walking, 1.5 Walking/standing, picking up yard, light 3.0 Machine tooling, welding = 3.0 Auto report = 3.0	3.0
Jog or run	Jogging general=7.0 (5 mph) Jog/walk=6.0	7.0
Walk uphill or hike uphill (count only uphill part)	Walking uphill 6.0	6.0
Walk <u>fast or briskly</u> for exercise (do <u>not</u> count walking leisurely or uphill)	Walking 3mph=3.5 Brisk walking 3.5mph=4.0 Selected lower value	3.5
Walk <u>to do errands</u> (such as to/from a store or to take children to school (<u>count walk time only</u>))	Walking 2 mph=2.5 Probably average speed for older adults.	2.5
Walk <u>leisurely</u> for exercise or pleasure	Walking 2 mph=2.5 Probably average speed for older adults.	2.5
Ride a bicycle or stationary cycle	Average of: Bicycling 10mph= 4.0 10-12 mph=6.0 Stationary cycling general = 5.0 Adjusted down for likely lower resistance for older adults	4.0

Questionnaire Item	Comparable MET Values From Ainsworth and Colleagues and Rationale for Adjustment	CHAMPS Metabolic Weight
Do other aerobic machines such as rowing or step machines (do <u>not</u> count treadmill or stationary cycle)	Comparable values: Rowing ergometer, general =9.5 Rowing erg. light effort, 50W= 3.5 Rowing erg. moderate effort, 100W= 7.0 Rowing erg. very vigorous effort 200W=12 Ski machine, general=9.5 Cross country skiing light=7.0 Cross country skiing moderate speed and effort=8.0 Cross country skiing vigorous effort=9.0 MET of 7.0 reflects moderate effort rowing and light cross-country skiing. Adjusted down because not much more expenditure than machines using legs only because people self-regulate effort	5.0
Do water exercises (do <u>not</u> count other swimming)	Swimming, treading water, moderate effort, general=5.0 Adjusted as the estimated effort doing exercises in a swimming pool	3.0
Swim moderately or fast	Swim crawl, slow, moderate or light effort=8.0 Adjusted down to account for way in which older adults swim on average	5.0
Swim gently	Swim leisurely = 6.0 Adjusted down to account for way in which older adults swim on average.	3.0
Do stretching or flexibility exercises (do <u>not</u> count yoga or Tai Chi)	Stretching and hatha yoga=4.0 Adjusted down for reduced exertion by older adults	2.0
Do yoga or Tai-Chi	Stretching and hatha yoga=4.0 Adjusted down for reduced exertion by older adults	2.0
Do aerobics or aerobic dancing	Aerobic dance- low impact=5.0 Adjusted to low intensity aerobics at 3.5	3.5

Questionnaire Item	Comparable MET Values From Ainsworth and Colleagues and Rationale for Adjustment	CHAMPS Metabolic Weight
Do moderate to heavy strength training (such as hand-held weights of <u>more than 5 lbs.</u> , weight machines, or push-ups)	Push ups, heavy, vigorous effort 8.0 Weight lifting using free weights, nautilus, or universal type vigorous effort 6.0 Adjusted because caloric expenditure low compared to walking.	4.5
Do light strength training (such as hand held weights of <u>5 lbs. or less</u> or elastic bands)	Weight lifting (free, nautilus or universal type) light or moderate effort 3.0	3.0
Do general conditioning exercises, such as light calisthenics or chair exercises (do <u>not</u> count strength training)	Calisthenics, home exercise, light or moderate, up and down from floor=4.5 Adjusted for reduced effort of older adults	2.5
Play basketball, soccer, or racquetball (do <u>not</u> count time on sidelines)	Average of: Basketball: game=8.0 Nongame, general=6.0 Shooting baskets=4.5 Soccer & racketball, competitive=10.0 Soccer & racketball, casual, general 7.0 Adjusted for lower expenditure in this sport	5.0
<i>Note.</i> This table is identical to the table published in Stewart et al. (2001). We report it here for convenience.		