SDC Figure: Physical Activity Questionnaire, Women's Health Study

strength training

Other: Please specify activity:

Physical Activity Questionnaire What is your usual walking pace outdoors? Don't walk Easy, casual Normal, average Brisk pace ☐ Very brisk, striding (4 mph or faster) (<2 mph) (2 to 2.9 mph) (3 to 3.9 mph) regularly On average, how many flights of stairs (not individual steps) do you climb daily? 1-2 flights 3-4 flights 5-9 flights 10-14 flights 15 or more flights None During the past year, what was your approximate time per week spent at each of the following recreational activities? TIME PER WEEK Zero 1-19 20-59 One 1.5 4-6 7+ min. hour hours hours hours hours min. Walking or hiking (including walking to work) Jogging (slower than 10 minute mile Running (10 minute miles or faster) Bicycling (include stationary bike) Aerobic exercise / aerobic dance / exercise machines Lower intensity exercise / yoga / stretching / toning Tennis, squash, racquetball Lap swimming