

(% )	Work					Travel					Leisure				
	Meeti ng 14 (4.6)	Not meeti ng 291 (95.4)	O R	CI	Sig	Meeti ng 29 (9.5)	Not meeti ng 276 (90.5)	O R	CI	Sig.	Meeti ng 37 (12.1)	Not meeti ng 268 (87.9)	O R	CI	Sig.
Gender															
Male 130(42.6)	8 (6.2)	122 (93.8)	0.9 7	0.9- 1.0	0.2	24 (18.5)	106 (81.5)	9. 2	3.2- 25.9	<0.00 1**	24 (18.5)	106 (81.5)	3. 1	1.4- 6.6	0.005*
Female 175(57.4)	6 (3.4)	169 (96.6)	Re f	·	·	5 (2.9)	170 (97.1)	Re f	·	·	13 (7.4)	162 (92.6)	Re f	·	·
Age															
≤57 155(50.8)	9 (5.8)	146 (94.2)	0.9 7	0.9- 1.0	0.3	20 (12.9)	135 (87.1)	3. 1	1.3- 7.6	0.01*	27 (17.4)	128 (82.6)	3. 1	1.4- 7.1	0.006*
>57 150(49.2)	5 (3.3)	145 (96.7)	Re f	·	·	9 (6.0)	141 (94.0)	Re f	·	·	10 (6.7)	140 (93.3)	Re f	·	·
Self-reported stages of PA															
Preparation/action/main tenance 98(32.1)	10 (10.2)	88 (89.8)	4.8	1.4- 15.8	0.0 1*	9 (9.2)	89 (90.8)	0. 9	0.9- 1.1	0.9	26 (26.5)	72 (73.5)	5. 5	2.5- 12.0	<0.00 1**
Not/getting ready 207(67.9)	4 (1.9)	203 (98.1)	Re f	·	·	20 (9.7)	187 (90.8)	Re f	·	·	11 (5.3)	196 (94.7)	Re f	·	·
Reporting barriers to performing PA															
No barriers 128(42.0)	11 (8.6)	117 (98.3)	4.4	1.2- 16.5	0.0 3*	19 (14.8)	109 (85.2)	2. 5	1.1- 5.8	0.03*	22 (17.2)	106 (91.5)	0. 9	0.9- 1.0	0.8
Reported barriers 177(58.0)	4 (1.7)	173 (98.3 0	Re f	·	·	10 (5.6)	167 (94.4)	Re f	·	·	15 (8.5)	162 (91.5)	Re f	·	·