

Appendix A. Physical activities recorded and its distribution by domains and intensities

No.		n	% respon.	No.		n	% respon.
Leisure		7554	40.9	Leisure (continuation)			
Light-intensity (<3. MET)		3146	17.1	Vigorous (continuation)			
3	Walking slow (2-3 km/h)	2903	15.7	28	Hiking (with back pad)	71	0.4
15	Fishing (standing or sitting)	226	1.2	34	Tennis, singles	47	0.3
52	Petanque	9	0.1	35	Martial arts	39	0.2
55	Pistol shooting	8	0.0	37	Basketball (competition)	35	0.2
Moderate (≥3 - ≤ 6MET)		3490	18.9	39	Running (12-16 km/h)	25	0.1
4	Swimming, sea (>150 m)	759	4.1	41	Squash	22	0.1
6	Walking moderate and brisk (>3 km/h)	620	3.4	44	Climbing	17	0.1
9	Exercise (gym)	483	2.6	58	Handball	7	0.04
11	Swimming, pool (>150 m)	305	1.7	61	Rowing (competition)	4	0.02
12	Exercise at home	287	1.6	66	Skiing	3	0.02
16	Playing with children	225	1.2	69	Badminton	2	0.01
17	Dancing (salon or nightclub)	215	1.2	70	Basketball (referee)	2	0.01
22	Hunting, small animals	111	0.6	Domestic		5663	30.6
23	Walking, cross-country	101	0.5	Light-intensity (<3 MET)		4488	24.3
24	Aerobic	98	0.5	2	Cleaning (house)	3547	19.2
31	Lifting weights	67	0.4	8	Cleaning (garden)	598	3.2
32	Diving	57	0.3	21	Caring, animals	130	0.7
40	Surfing	23	0.12	26	Carpentry, indoor	91	0.5
42	Basketball recreational	20	0.11	30	Painting, indoor	68	0.4
43	Riding	19	0.10	36	Caring, people	37	0.2
47	Table Tennis	13	0.07	56	Fishing, shellfish	8	0.04
48	Tennis, doubles	12	0.06	59	Cutting the grass (machine)	5	0.03
49	Sailing (recreational)	10	0.05	63	Miscellaneous	4	0.02
50	Fishing, river	10	0.05	Moderate (≥3 - ≤ 6 MET)		1175	6.4
51	Golf (shoulder bag)	9	0.05	7	Digging the garden	601	3.3
53	Motorcycling	9	0.05	13	Maintaining and caring, farm	283	1.5
54	Roller skating	8	0.04	19	Moving furniture	166	0.9
57	Volleyball	7	0.04	33	Carpentry, outdoor	53	0.3
62	Scuba diving	4	0.02	38	Painting, outdoors	33	0.2
64	Rowing, recreational	3	0.02	45	Masonry, mechanical	16	0.1
65	Skiing	3	0.02	46	Milking	15	0.1
67	Golf (pulling/pushing cart)	3	0.02	60	Grass/hedge cutting, manual	5	0.03
71	Archery	2	0.01	75	Wood loading	1	0.01
68	Canoe trip	2	0.01	77	Working with hives	1	0.01
72	Playing the drums	2	0.01	78	Shoveling	1	0.01
74	Bowling	1	0.01	Active transport		5262	28.48
73	Water skiing	1	0.01	1	Climbing stairs (>5 floors/day)	4096	22.2
76	Hunting, large animals	1	0.01	5	Walking (with shopping bags)	622	3.4
Vigorous (>6 MET)		918	5.0	10	Walking (home-work)	331	1.8
14	Football	281	1.5	20	Walking, pulling a cart/trolley	145	0.8
18	Running (8-11 km/h)	185	1.0	29	Biking to work	68	0.4
25	Cycling (competition)	96	0.5	All physical activities		18,479	100
27	Jogging	82	0.4				

n^o = positional order in prevalence (n= 78 physical activities); % respon. = % responses, percentage that each PA represents over the total of PAs (n= 18,479)