

Supplemental Digital Content 1

**Preamble:****The next questions are about your participation in muscle-strengthening exercise**

The questions within this section relate to the physical activities that you perform during your leisure-time only. When we say leisure-time we mean your free-time and the activities that you perform that are NOT done as part of your work/job, transportation (moving to a different location), or as a part of household activities (chores).

The types of muscle-strengthening exercise modes that we are interested in include;

- Use of weight machines (typically in a gym or fitness centre)
- Bodyweight exercises (including push-ups, sit-ups)
- Resistance exercises (using resistance bands or free weights like dumbbells)
- Holistic exercises (including Yoga, Tai-Chi and Pilates)

There are no right or wrong responses to the following questions, we are interested in your open and honest feedback.

1. Do you usually do muscle-strengthening exercise?

The types of muscle-strengthening exercises include;

Using of weight machines to do e.g. leg press, chest press, lat pulldown (typically in a gym or fitness centre) Body weight exercises (including push-ups, sit-ups) Resistance exercises (using resistance bands or free weights like dumbbells) Holistic exercises (including Yoga, Tai-Chi and Pilates)

Yes

No

2. How many days, in a usual week, do you do muscle-strengthening exercise?

The types of muscle-strengthening exercises include;

Using of weight machines to do e.g. leg press, chest press, lat pulldown (typically in a gym or fitness centre environment) Body weight exercises (including push-ups, sit-ups) Resistance exercises (using resistance bands or free weight like dumbbells) Holistic exercises (including Yoga, Tai-Chi and Pilates)

none

1 day in a usual week

2 days in a usual week

3 days in a usual week

4 days in a usual week

5 days in a usual week

6 days in a usual week

7 days in a usual week



3.



In a usual week please indicate a) how often you do, and b) how long you spend, doing each of the following types of muscle-strengthening exercise.

Number of DAYS in a usual week.

	0 days	1 day	2 days	3 days	4 days	5 days	6 days	7 days
Use weight machines (e.g. leg press, chest press, lat pulldown)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Body weight exercises (e.g. push-ups, sit-ups)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use resistance bands or free weights (e.g. dumbbells)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Holistic exercises (including Yoga, Tai-chi and Pilates)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4.

In a usual week please indicate a) how often you do, and b) how long you spend, doing each of the following types of muscle-strengthening exercise.

Minutes spent in a usual session.

	0 minutes	less than 10 minutes	10 - 20 minutes	21 - 30 minutes	31 - 40 minutes	41 - 50 minutes	51 - 60 minutes	more than 60 minutes
Use weight machines (e.g. leg press, chest press, lat pulldown)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Body weight exercises (e.g. push-ups, sit-ups)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use resistance bands or free weights (e.g. dumbbells)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Holistic exercises (including Yoga, Tai-	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



5.

In a usual week please indicate which muscle groups you use when you do each of the following types of muscle-strengthening exercises.

If you do not do the muscle-strengthening exercise, please select NO.

Using WEIGHT MACHINES in a usual session.

	No	Yes
Legs (e.g. squats, lunges, bridges)	<input type="checkbox"/>	<input type="checkbox"/>
Hips (e.g. side leg raises, bridges)	<input type="checkbox"/>	<input type="checkbox"/>
Back (e.g. lat pulldown, bent-over row)	<input type="checkbox"/>	<input type="checkbox"/>
Abdomen (e.g. crunches, sit-ups)	<input type="checkbox"/>	<input type="checkbox"/>
Chest (e.g. bench press, push-ups)	<input type="checkbox"/>	<input type="checkbox"/>
Shoulders (e.g. lat raise, overhead press)	<input type="checkbox"/>	<input type="checkbox"/>
Arms (e.g. bicep curl, tricep dips)	<input type="checkbox"/>	<input type="checkbox"/>

6.

In a usual week please indicate which muscle groups you use when you do each of the following types of muscle-strengthening exercises.

If you do not do the muscle-strengthening exercise, please select NO.

Doing BODY WEIGHT exercises (e.g. push-ups, sit-ups) in a usual session.

	No	Yes
Legs (e.g. squats, lunges, bridges)	<input type="checkbox"/>	<input type="checkbox"/>
Hips (e.g. side leg raises, bridges)	<input type="checkbox"/>	<input type="checkbox"/>
Back (e.g. lat pulldown, bent-over row)	<input type="checkbox"/>	<input type="checkbox"/>
Abdomen (e.g. crunches, sit-ups)	<input type="checkbox"/>	<input type="checkbox"/>
Chest (e.g. bench press, push-ups)	<input type="checkbox"/>	<input type="checkbox"/>
Shoulders (e.g. lat raise, overhead press)	<input type="checkbox"/>	<input type="checkbox"/>
Arms (e.g. bicep curl, tricep dips)	<input type="checkbox"/>	<input type="checkbox"/>



7.

In a usual week please indicate which muscle groups you use when you do each of the following types of muscle-strengthening exercises.

If you do not do the muscle-strengthening exercise, please select NO.

Using RESISTANCE BANDS or FREE WEIGHTS (e.g. dumbbells) in a usual session.

	No	Yes
Legs (e.g. squats, lunges, bridges)	<input type="checkbox"/>	<input type="checkbox"/>
Hips (e.g. side leg raises, bridges)	<input type="checkbox"/>	<input type="checkbox"/>
Back (e.g. lat pulldown, bent-over row)	<input type="checkbox"/>	<input type="checkbox"/>
Abdomen (e.g. crunches, sit-ups)	<input type="checkbox"/>	<input type="checkbox"/>
Chest (e.g. bench press, push-ups)	<input type="checkbox"/>	<input type="checkbox"/>
Shoulders (e.g. lat raise, overhead press)	<input type="checkbox"/>	<input type="checkbox"/>
Arms (e.g. bicep curl, tricep dips)	<input type="checkbox"/>	<input type="checkbox"/>

8.

In a usual week please indicate which muscle groups you use when you do each of the following types of muscle-strengthening exercises.

If you do not do the muscle-strengthening exercise, please select NO.

Doing HOLISTIC EXERCISES (including Yoga, Tai-chi and Pilates) in a usual session.

	No	Yes
Legs (e.g. squats, lunges, bridges)	<input type="checkbox"/>	<input type="checkbox"/>
Hips (e.g. side leg raises, bridges)	<input type="checkbox"/>	<input type="checkbox"/>
Back (e.g. lat pulldown, bent-over row)	<input type="checkbox"/>	<input type="checkbox"/>
Abdomen (e.g. crunches, sit-ups)	<input type="checkbox"/>	<input type="checkbox"/>
Chest (e.g. bench press, push-ups)	<input type="checkbox"/>	<input type="checkbox"/>
Shoulders (e.g. lat raise, overhead press)	<input type="checkbox"/>	<input type="checkbox"/>
Arms (e.g. bicep curl, tricep dips)	<input type="checkbox"/>	<input type="checkbox"/>



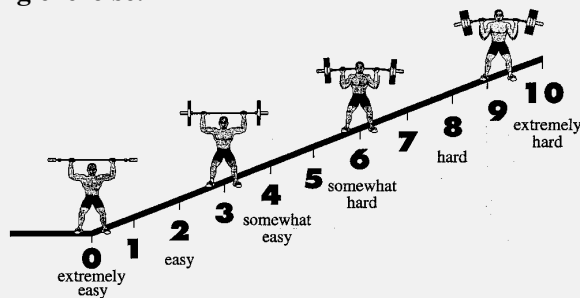
9.

For each of the following types of muscle-strengthening exercises, please say

How hard (level of intensity) you usually exercise

How hard you feel you are exercising can also be called intensity or rating of perceived effort. The level of intensity is often assessed on a 0 to 10 scale with 0 representing “extremely easy” and 10 representing “extremely hard”.

Using the picture below as a guide on a scale of 0-10 please indicate how hard you feel you exercise when you are doing muscle-strengthening exercise.



(Robertson et al., 2003)

Level of INTENSITY in a usual session.

	Not applicable	0 Extremely easy	1	2 Easy	3	4 Somewhat easy	5	6 Somewhat hard	7	8 Hard	9	10 Extremely hard
Use weight machines (e.g. leg press, chest press, lat pulldown)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Body weight exercises (e.g. push-ups, sit-ups)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use resistance bands or free weights (e.g. dumbbells)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Holistic exercises (including Yoga, Tai-chi and Pilates)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>