

## Supplemental Digital Content 2

## Muscle-strengthening Exercise Questionnaire Short Form (MSEQ-Short)

### *Your participation in muscle-strengthening exercise*

The next set of questions are about your participation in **muscle-strengthening exercise**, sometimes called weight or resistance training.

When thinking about muscle-strengthening exercise, we are only interested in exercises that you do during your leisure or free time, and NOT done as part of your work/job, or as a part of household activities (chores).

The types of muscle-strengthening exercise we are interested in include:

- **Using weight machines** - typically in a gym or fitness centre
- **Bodyweight exercises** - including push-ups or sit-ups
- **Resistance exercises** – using free weights like dumbbells or using resistance bands
- **Holistic exercises** - including Yoga, Tai-Chi or Pilates

1. Do you **do muscle-strengthening exercise** in a **usual week**?

Yes

No → **Skip to next module**

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

\_\_\_\_\_ days per week

3. **On the day(s)** that you **do muscle-strengthening exercise**, please indicate **how long** you spend doing this activity?

\_\_\_\_\_ minutes per day

4. On a scale from 0 to 10, how **hard do you feel** you are **working when doing muscle-strengthening exercise** with '0' being 'extremely easy' and '10' being 'extremely hard'

\_\_\_\_\_ intensity of session

5. What **types of muscle-strengthening exercise do you usually do**?

**Weight machines** (Lat pulldown, bench press, leg press) Yes or No \_\_\_\_\_

**Resistance exercises** (resistance bands/dumbbells) Yes or No \_\_\_\_\_

**Bodyweight exercises** (push-ups, sit-ups) Yes or No \_\_\_\_\_

**Holistic exercises** (Yoga, Tai-Chi and Pilates) Yes or No \_\_\_\_\_

6. When you do muscle-strengthening exercise, **do you usually do exercise that target or use the following muscle groups or parts of your body?**

Legs (e.g. squats, lunge, leg press) Yes or No \_\_\_\_\_

Hips (e.g. bridges, lateral banded walk) Yes or No \_\_\_\_\_

Back (e.g. lat pulldown, dumbbell row) Yes or No \_\_\_\_\_

Abdomen (e.g. sit-ups, planking) Yes or No \_\_\_\_\_

Chest (e.g. bench press, push-ups) Yes or No \_\_\_\_\_

Shoulders (e.g. shoulder/overhead press) Yes or No \_\_\_\_\_

Arms (e.g. bicep curl, tricep dips) Yes or No \_\_\_\_\_

**This is the end of the survey, thank you for participating.**

## Muscle-strengthening Exercise Questionnaire Long Form (MSEQ-Long)

### *Your participation in muscle-strengthening exercise*

The next set of questions are about your participation in **muscle-strengthening exercise**, sometimes called weight or resistance training.

When thinking about muscle-strengthening exercise, we are only interested in exercises that you do during your leisure or free time, and NOT done as part of your work/job, or as a part of household activities (chores).

The types of muscle-strengthening exercise we are interested in include:

- **Using weight machines** - typically in a gym or fitness centre
- **Bodyweight exercises** - including push-ups or sit-ups
- **Resistance exercises** – using free weights like dumbbells or using resistance bands
- **Holistic exercises** - including Yoga, Tai-Chi or Pilates

1. Do you **do muscle-strengthening exercise** in a **usual week**?

Yes

No

—————▶ **Skip to next module**

### **WEIGHT MACHINES**

1. When you do muscle-strengthening exercise, **do you use weight machines (Lat pulldown, bench press, leg press)**?

Yes

No

—————▶ **Skip to question 6**

2. How **many days**, in a **usual week**, do you use weight machines?

\_\_\_\_\_ **days per week**

3. In a usual week, **on the day(s)** that you use **weight machines**, please indicate **how long** you spend doing this activity per session?

\_\_\_\_\_ **minutes per day**

4. On a scale from 0 to 10, how **hard you feel** when **using weight machines** with '0' being 'extremely easy' and '10' being 'extremely hard'

\_\_\_\_\_ **intensity of session**

5. When you use weight machines, **do you usually do exercise that target or use the following muscle groups or parts of your body?**

- |                                     |                 |
|-------------------------------------|-----------------|
| Legs (leg press, leg extension)     | Yes or No _____ |
| Hips (machine hip/glute raises)     | Yes or No _____ |
| Back (Lat pulldown, seated row)     | Yes or No _____ |
| Abdomen (crunches, sit-ups)         | Yes or No _____ |
| Chest (bench press)                 | Yes or No _____ |
| Shoulders (machine shoulder press)  | Yes or No _____ |
| Arms (bicep curl, tricep push down) | Yes or No _____ |

**BODYWEIGHT EXERCISES**

6. When you do muscle-strengthening exercise, do you do **bodyweight exercises** (including push-ups, sit-ups, planking)

Yes

No → Skip to question 11

7. How **many days**, in a **usual week**, do you use bodyweight exercises?

\_\_\_\_\_ days per week

8. In a usual week, **on the day(s)** that you do **bodyweight exercises**, please indicate **how long** you spend doing this activity per session?

\_\_\_\_\_ minutes per day

9. On a scale from 0 to 10, how **hard you feel when doing bodyweight exercises** with '0' being 'extremely easy' and '10' being 'extremely hard'

\_\_\_\_\_ intensity of session

10. When you do bodyweight exercises, **do you usually do exercise that target or use the following muscle groups or parts of your body?**

|                                          |                 |
|------------------------------------------|-----------------|
| Legs (squats, lunges)                    | Yes or No _____ |
| Hips (glute raises, lateral banded walk) | Yes or No _____ |
| Back (pull-ups, back extension)          | Yes or No _____ |
| Abdomen (crunches, planking)             | Yes or No _____ |
| Chest (pull ups)                         | Yes or No _____ |
| Shoulders (push ups)                     | Yes or No _____ |
| Arms (dips, chair dips)                  | Yes or No _____ |

**RESISTANCE EXERCISES**

11. When you do muscle-strengthening exercise, do you do **resistance exercises, such as using resistance bands or free weights like dumbbells?**

Yes

No → Skip to question 16

12. How **many days**, in a **usual week**, do you do resistance exercises, such as using resistance bands or free weights like dumbbells?

\_\_\_\_\_ days per week

13. In a usual week, **on the day(s)** that you do **resistance exercises**, please indicate **how long** you spend doing this activity per session?

\_\_\_\_\_ minutes per day

14. On a scale from 0 to 10, how **hard you feel when doing resistance exercises** with '0' being 'extremely easy' and '10' being 'extremely hard'?

\_\_\_\_\_ **intensity of session**

15. When you doing resistance exercises, **do you usually do exercise that target or use the following muscle groups or parts of your body?**

|                                                  |                 |
|--------------------------------------------------|-----------------|
| Legs (squats/lunges with dumbbells)              | Yes or No _____ |
| Hips (side lying leg raise with resistance band) | Yes or No _____ |
| Back (dumbbell row)                              | Yes or No _____ |
| Abdomen (weighted crunches, sit-ups)             | Yes or No _____ |
| Chest (dumbbell bench press)                     | Yes or No _____ |
| Shoulders (dumbbell shoulder press)              | Yes or No _____ |
| Arms (bicep curl, tricep push down)              | Yes or No _____ |

#### HOLISTIC EXERCISES

16. When you do muscle-strengthening exercise, do you do **Holistic exercises (including Yoga, Tai-Chi and Pilates)?**

Yes

No



**Skip to next module**

17. How **many days**, in a **usual week**, do you holistic exercises?

\_\_\_\_\_ **days per week**

18. In a usual week, **on the day(s)** that you do **holistic exercises**, please indicate **how long** you spend doing this activity per session?

\_\_\_\_\_ **minutes per day**

19. On a scale from 0 to 10, how **hard you feel when doing holistic exercises** with '0' being 'extremely easy' and '10' being 'extremely hard'?

\_\_\_\_\_ **intensity of session**

20. When you do holistic exercises, **do you usually do exercise that target or use the following muscle groups or parts of your body?**

|                                              |                 |
|----------------------------------------------|-----------------|
| Legs (squats/lunges)                         | Yes or No _____ |
| Hips (bridges, single/double leg stretch)    | Yes or No _____ |
| Back (superman)                              | Yes or No _____ |
| Abdomen (knee-to-elbow crunches, leg raises) | Yes or No _____ |
| Chest (push-ups)                             | Yes or No _____ |
| Shoulders (Plank, side plank)                | Yes or No _____ |
| Arms (Bird/dog)                              | Yes or No _____ |

**This is the end of the questionnaire, thank you for participating.**