Interv	iowor
	newer
	nte mile view
Ho	w many participants have you interviewed so far today?
	umber of participant 0
Tiı	me at the start of the interview
Til	me
	Study Volunteer ID
	The interview will be based on the
ictor	ical Adulthood Physical Activity Questionnaire
	, , <b>L</b>
This q	uestionnaire asks about the physical activity you did during your
adulth	ood.
	rst section asks questions about physical activity over the last 15
years.	The second section asks questions from the age of 20 years old
until 1	5 years ago.
until 1 To he specifi	5 years ago. Ip you remember each period of your life, I will ask you about c life events that occurred during that time. I will then go on to ask
until 1 To he specifi	5 years ago. Ip you remember each period of your life, I will ask you about c life events that occurred during that time. I will then go on to ask bout the physical activities you undertook during that same time
until 1 To he specifi you al period	5 years ago. Ip you remember each period of your life, I will ask you about c life events that occurred during that time. I will then go on to ask bout the physical activities you undertook during that same time
until 1 To he specifi you al period Your a	5 years ago. Ip you remember each period of your life, I will ask you about c life events that occurred during that time. I will then go on to ask bout the physical activities you undertook during that same time
until 1 To he specifi you al period Your a	5 years ago. Ip you remember each period of your life, I will ask you about c life events that occurred during that time. I will then go on to ask bout the physical activities you undertook during that same time Inswers will be treated as strictly confidential and will be used only
until 1 To he specifi you al period Your a	5 years ago. Ip you remember each period of your life, I will ask you about c life events that occurred during that time. I will then go on to ask bout the physical activities you undertook during that same time Inswers will be treated as strictly confidential and will be used only
until 1 To he specifi you al period Your a	5 years ago. Ip you remember each period of your life, I will ask you about c life events that occurred during that time. I will then go on to ask bout the physical activities you undertook during that same time inswers will be treated as strictly confidential and will be used only edical research
until 1 To he specifi you al period Your a for me	5 years ago. Ip you remember each period of your life, I will ask you about c life events that occurred during that time. I will then go on to ask bout the physical activities you undertook during that same time Inswers will be treated as strictly confidential and will be used only
until 1 To he specifi you al period Your a for me	5 years ago. Ip you remember each period of your life, I will ask you about c life events that occurred during that time. I will then go on to ask bout the physical activities you undertook during that same time inswers will be treated as strictly confidential and will be used only edical research
until 1 To he specifi you al period Your a for me	5 years ago. Ip you remember each period of your life, I will ask you about c life events that occurred during that time. I will then go on to ask bout the physical activities you undertook during that same time inswers will be treated as strictly confidential and will be used only edical research
until 1 To he specifi you al period Your a for me	5 years ago. Ip you remember each period of your life, I will ask you about c life events that occurred during that time. I will then go on to ask bout the physical activities you undertook during that same time inswers will be treated as strictly confidential and will be used only edical research MRC Epidemiology Unit
until 1 To he specifi you al period Your a for me	5 years ago. Ip you remember each period of your life, I will ask you about c life events that occurred during that time. I will then go on to ask bout the physical activities you undertook during that same time Inswers will be treated as strictly confidential and will be used only idical research MRC Epidemiology Unit carting the questionnaire your date of birth?

$\overline{\mathbf{O}}$	Female	-			
Ū	Ū				
		Age guide			
		Today			
		Minus 5			
		Minus 10			
		Minus 15			
Let's	start with you	ır physical activit		ARC Epide	
uch as weddings	s, births, holid n this task, I d.	will ask you some		-	
In what kind but you mus	of accommoda	u were and in yo ation did you live? t least one year in <i>rden House wit</i>	More than on each. The op		s allowed,
During those	five vears, ho	w many other peo	ple did vou liv	ve with? If	this
umber changed ove number?	r the five year	s we would like to usemates or others.	know the mir		
Did you have Yes O	e children of yo	our own living at h	ome with you	?	
-	-	ne at home, but n or school children,	•		This could
<b>D</b> : 1					
Did you have Yes O	e any pets?	]			

Student		Hous	at least one sewife/househ	usband	
<b>Employed</b> (Paid and volunta part-time)	ry, full-time and	Prof (or pra	essional sports actice of a sport at ational level)	s person	
Unemployed			ilitary service		
<b>Retired</b> (from all emplo voluntary and p					
Did you have han 1 month Yes O	<i>,</i> ,	ns or illnesse	es for which ye	ou were off v	vork for more
How long we	re vou unable	e to			
</td <td></td> <td></td> <td></td> <td></td> <td></td>					
Years	0 Months	s 0			
Between the spend sitting include activi to radio, wat	Activi years and at home in a ties such as o ching TV. You	ty in and ar , how many h activities that eating, drinki	round the ho nours on avera were not rela ng, reading, o a separate a	ouse age per day ited to your j doing needle	did you job? This doe: work, listenin
Between the spend sitting include activi to radio, wat	Activi years and at home in a ties such as o ching TV. You	ty in and ar , how many h activities that eating, drinki u should give	ound the ho nours on avera were not rela ng, reading, o a separate ar	ouse age per day ited to your j doing needle	did you job? This doe: work, listenin
Between the spend sitting include activi to radio, wat working days	Activi years and at home in a ties such as o ching TV. You s.	ty in and ar , how many h activities that eating, drinki u should give <i>Hours per v</i>	ound the ho nours on avera were not rela ng, reading, o a separate ar vorking day	ouse age per day ited to your j doing needle nswer for wo	did you job? This doe: work, listenin
Between the spend sitting include activi to radio, wat	Activi years and at home in a ties such as o ching TV. You	ty in and ar , how many h activities that eating, drinki u should give	ound the ho nours on avera were not rela ng, reading, o a separate ar	ouse age per day ited to your j doing needle	did you job? This does work, listenin rking and nor
Between the spend sitting include activi to radio, wat working days	Activi years and at home in a ties such as a ching TV. You c	ty in and ar , how many h activities that eating, drinki u should give Hours per v Up to 3	round the homours on average of the homours on average	ouse age per day ited to your j doing needled nswer for wo	did you job? This does work, listenin rking and nor <b>Over 6</b>
now. Between the spend sitting include activi to radio, wat working days	Activi years and at home in a ties such as o ching TV. You c	ty in and ar , how many h activities that eating, drinki u should give <i>Hours per v</i> <i>Up to 3</i> <i>C</i> <i>Hours per nor</i>	round the ho nours on avera were not rela ng, reading, o a separate an <b>vorking day</b> Up to 4	ouse age per day oted to your j doing needled nswer for wo	did you job? This does work, listenin rking and nor <b>Over 6</b>
spend sitting include activi to radio, wat working days	Activi years and at home in a ties such as a ching TV. You c	ty in and ar , how many h activities that eating, drinki u should give Hours per v Up to 3	round the homours on average of the homours on average	ouse age per day ited to your j doing needled nswer for wo	did you job? This does work, listenin rking and nor <b>Over 6</b>

Did you de	any regular DIY or house and car maintenance (excluding
	)? This should average out to at least one hour per week for at
least one y	
Yes	
For how r	many
ears?	
Years	0
pruning, d per week f <u>Yes</u>	o any regular gardening? This includes mowing, watering, weeding, igging, chopping wood. This should average out to at least one hour for at least one growing season. No C many growing seasons?
Years	
most ofter	travel to and from work, what form of transportation did you use to get about? You can give more than one form of transport if you used them equally as much.
	•
	Activity at work
	he years and , how many years were you in each of the occupations?
Student	0
Employed	
×	paid: voluntary work) 0
	nal sports person 0
In military	
	Guide
	The sum of years should not be over five, unless the participant has held two or more occupations at the same time.
L	
	ng to show you some pictures which demonstrate four different types ied depending on the intensity of physical activity involved.
	five years try to remember the type of activity your work involved,
-	sework. Try to classify each job into one of these four categories, nost representative of what you did.
	isst representative of what you did.

For each category, how many of the five years did you hold such a job and how many hours per week on average did you work? Need additional tables? Click on "Insert item" located under the table.

	Years	Months	Hours per week	
Sedentary occupation	0	0	0	
Standing occupation	0	0 0		
Manual work	0	0	0	
Heavy manual work	0	0	0	

For how many years did you work as a professional sports person? On average how many hours per week did you do this job? What sport was it?

Years	Months	Hours per week
0	0	0

## Guide

The sum of years should not be over the number of years previously indicated unless more than one job has been held at the same time.

	Commuting to work
W	etween the years and , regarding travel to and from your place of ork or study, did you ever regularly travel by bike for any part of your
irne Tł	nis should be at least once a week for at least one year. Yes C No C
	or how many years did you do this? Number of years 0
jc	on average, how many journeys per week did you cycle, counting return ourneys only? Number of journeys 0
	In average, how many miles was that return journey?
	id you ever regularly travel to your place of work or study by foot for any part your journey? This should be at least once a week for at least one year. Yes C No C
F	or how many years did you do this?

Number of years 0					
On average, how many journe journeys only?	ys per wee	ek did you	walk, cou	nting return	
Number of journeys 0					
On average, how many miles <b>Nileage</b> 0	was that re	eturn jourr	iey?		
Sporting a	nd Recrea	ational Ac	tivity		
Between the years and , did a competitive or strenuous nat and/or sweat a lot. It must hav week for at least one year. Yes O No O I am now going to show you son undertaken on a competitive level.	ure? By th ve been un ne illustrat	is we mea dertaken f	n it made or at least	one hour per	
Can you identify your sports an you do between the years and ?	mongst th	ese? If i	not what	other sports did	
you do between the years and i					
-					
For how many years did you d week?	o this spor	t and on a	verage ho	w many hours per	
Vigorously/strenuously	Years	Hours	Minutes		

Vigorously/strenuously	Years	Hours per week	Minutes per week
Swimming	0	0	0
Cycling	0	0	0
Running	0	0	0
Football	0	0	0
Rugby	0	0	0
Hockey	0	0	0
Cricket	0	0	0
Volleyball	0	0	0
Basketball	0	0	0
Netball	0	0	0
Racket sports	0	0	0
Aerobics	0	0	0
Fighting sports	0	0	0
	0	0	0
	0	0	0

Between the years and , did you undertake any regular sport or recreational exercise on a casual basis? This means it was not competitive and didn't make you out of breath and/or sweat a lot. It must have been undertaken for at least one hour per week for at least one year.

Yes 🔿	No	$\odot$
-------	----	---------

I am now going to show you some more illustrations of different sports and recreational activities.

Can you identify your sport or exercise amongst these? If not what activity did you do between the years and ?

For how many years did you do this activity and for how many hours per week on average?

	Years	Hours per week	Minutes per week
Walking for pleasure	0	0	0
Swimming for pleasure	0	0	0
Jogging	0	0	0
Conditioning exercises (Yoga, weights)	0	0	0
Golf	0	0	0
Bowling	0	0	0

Fishing	0	0	0
Hunting	0	0	0
	0	0	0
	0	0	0

Let's continue with the period between and .

Just to remind you, in you were **years old**.

In what kind of accommodation did you live? More than one answer is allowed, but you must have spent at least one year in each. The options are...

Flat	House without garden	House with garden

During those five years, how many other people did you live with? If this number

changed over the decade we would like to know the minimum and maximum number?

It could be children, a partner, housemates or others.

No

Min number of people

 $\bigcirc$ 

Yes

0 Max number of people

0

Did you have children of your own living at home with you?

 $\bigcirc$ 

Yes O	No C	l or school chi			
Did you have	1				
Yes O	No	$\rightarrow$			
Did you own	or have acce	ss to a car?			
Yes O	No	)			
What was you	ur occupatior	n during this p	eriod? Severa	al answers ar	e allowed,
as long as the	e occupation	was done for		•	ions are
Student			<b>sewife/househ</b> ng at home to tak		fren)
<b>Employed</b> (Paid and volunta	ry full-time and		essional sports		
part-time)	and and	interna	tional level)		
Unemployed			ilitary service		
<b>Retired</b> (from all emplo	yment				
voluntary and p					
•		ons or illnesse	s for which y	ou were off w	ork for more
than 1 month	1	<u>,</u>			
Yes 🔿	No	)			
How long we	re you unabl	e to			
rk?					
How long we rk? Years	re you unabl				
rk? Years	0 Month	os 0	activity you o	lid during the	ese 5 vears.
rk? Years Il now ask que t any stage y	0 Month	the physical	• •	-	ese 5 years. iven, please let
rk? Years Il now ask que t any stage y	0 Month	the physical	• •	-	•
rk? Years Il now ask que t any stage y	0 Month estions about ou need rem	the physical the inding of the	answers you	have just g	•
rk? Years Il now ask que t any stage y	0 Month estions about ou need rem	the physical	answers you	have just g	•
rk? Years Il now ask que t any stage y know. Between the	0 Month estions about ou need rem Activ years and	the physical inding of the ity in and ar , how many h	answers you ound the ho ours on aver	have just g buse age per day o	iven, please let did you
K? Years Il now ask que t any stage y know. Between the spend sitting	0 Month estions about ou need rem Activ years and at home in a	the physical inding of the ity in and ar , how many h activities that	ound the ho ours on aver were not rela	have just g buse age per day o ated to your j	iven, please let did you ob? This does
K? Years Il now ask que t any stage y know. Between the spend sitting include activ	0 Month estions about ou need rem Activ years and at home in a	the physical inding of the ity in and ar , how many h	ound the ho ours on aver were not rela	have just g buse age per day o ated to your j	iven, please let did you ob? This does
K? Years Il now ask que t any stage y know. Between the spend sitting include activition ening to radio, wat	0 Month estions about ou need rem Activ years and at home in a ities such as ching TV. Yo	the physical inding of the ity in and ar , how many h activities that eating, drinki	answers you ound the ho ours on aver were not relang, reading,	have just g ouse age per day o ited to your j doing need	iven, please let did you ob? This does
K? Years Il now ask que t any stage y know. Between the spend sitting include activitiening	0 Month estions about ou need rem Activ years and at home in a ities such as ching TV. Yo	the physical inding of the ity in and ar , how many h activities that eating, drinki	answers you ound the ho ours on aver were not relang, reading,	have just g ouse age per day o ited to your j doing need	iven, please let did you ob? This does lework,
Retween the spend sitting include activitient of the radio, wat	0 Month estions about ou need rem Activ years and at home in a ities such as ching TV. Yo	the physical inding of the ity in and ar , how many h activities that eating, drinki u should give	answers you ound the ho ours on aver were not relang, reading,	have just g ouse age per day o ited to your j doing need	iven, please let did you ob? This does lework,
rk? Years Il now ask que t any stage y know. Between the spend sitting include activi- ening to radio, wat working days	0 Month estions about ou need rem Activ years and at home in a ities such as ching TV. Yo s. Up to 2	the physical inding of the ity in and ar , how many h activities that eating, drinki u should give	answers you ound the ho ours on aver were not relang, reading, a separate an <i>vorking day</i> <i>Up to 4</i>	have just g buse age per day o ated to your j doing need nswer for wo	iven, please let did you ob? This does lework,
rk? Years Il now ask que t any stage y know. Between the spend sitting include activitiening to radio, wat working days	0 Month estions about ou need rem Activ years and at home in a ities such as ching TV. Yo s.	<i>bs 0</i> the physical inding of the ity in and ar , how many h activities that eating, drinki u should give <i>Hours per v</i>	answers you ound the ho ours on aver were not rela ng, reading, a separate an	have just g buse age per day o bted to your j doing need nswer for wo	iven, please let did you ob? This does lework, rking and non-
Vears	0 Month estions about ou need rem Activ years and at home in a ities such as ching TV. Yo s. Up to 2	the physical inding of the ity in and ar , how many h activities that eating, drinki u should give Hours per v Up to 3	answers you ound the ho ours on aver were not rela ng, reading, a separate an <i>vorking day</i> <i>Up to 4</i>	have just g buse age per day o ated to your j doing need nswer for wo <b>Up to 6</b>	did you ob? This does lework, rking and non- <b>Over 6</b>
Vears	0 Month estions about ou need rem Activ years and at home in a ities such as ching TV. Yo s. Up to 2	the physical inding of the ity in and ar , how many h activities that eating, drinki u should give Hours per v Up to 3	answers you ound the ho ours on aver were not rela ng, reading, a separate an <i>vorking day</i> <i>Up to 4</i>	have just g buse age per day o ated to your j doing need nswer for wo <b>Up to 6</b>	did you ob? This does lework, rking and non- <b>Over 6</b>

	ast one hour per day for at least one year.
Yes 🔿 No	C
For how many years	s?
Years 0	
	Ilar DIY or house and car maintenance (excluding ould average out to at least one hour per week for at
Yes C No	O
For how many	
ars?	
Years 0	
Did you do any recu	lar gardoning? This includes mowing watering wooding
	Ilar gardening? This includes mowing, watering, weeding, opping wood. This should average out to at least one hour
	t one growing season.
Yes C No	O
For how many grow	wing seasons?
Years	
0	
0	
Excluding travel to a	and from work, what form of transportation did you use
	bout? You can give more than one form of transport if
	them equally as much.
Car/Motor vehicle	Walk Public transport Cycle
	Activity at work
	Activity at work
	and , how many years were you in each of the
Between the years following occupations	and , how many years were you in each of the
following occupations Student Employed	and , how many years were you in each of the ns?
following occupations Student Employed (Paid and unpaid: voluntai	and , how many years were you in each of the ns?
following occupations Student Employed (Paid and unpaid: voluntar Housewife/husband	and , how many years were you in each of the ns? 0 ary work) 0
following occupations Student Employed (Paid and unpaid: voluntant Housewife/husband Professional sports p	and , how many years were you in each of the ns? 0 ary work) 0 person 0
following occupations Student Employed (Paid and unpaid: voluntar Housewife/husband	and , how many years were you in each of the ns? 0 ary work) 0

has held two or more occupations at the same time.

I am now going to show you some pictures which demonstrate four different types of work classified depending on the intensity of physical activity involved.

During these 5 years try to remember the type of activity your work involved, excluding housework. Try to classify each job into one of these four categories, whichever is most representative of what you did.

For each category, how many of the 5 years did you hold such a job and how many hours per week on average did you work? Need additional tables? Click on "Insert item" located under the table.

	Years	Months	Hours per week
Sedentary occupation	0	0	0
Standing occupation	0	0	0
Manual work	0	0	0
Heavy manual work	0	0	0

For how many years did you work as a professional sports person? On

average	how many hou	rs per v	week dio	l you d	o this job? What sport was it?
		Years	Months	Hours per week	
		0	0	0	
G					mber of years previously
	indicated unless	more tha	an one job	has bee	n held at the same time.
		Cor	nmuting	g to wo	ork
	-		-		and from your place of bike for any part of your
•	ould be at least of <b>No</b>	once a v	week for	at leas	t one year.
	r many years did		o this?		
On aver	age, how many	journe	ys per w	eek did	you cycle, counting return

journeys only? Number of journeys 0					
On average, how many miles with the many miles	was that re	eturn jourr	iey?		
Did you ever regularly travel to of your journey? This should be Yes O No O	• •		•		
For how many years did you d	lo this?				
On average, how many journe journeys only?	eys per wee	ek did you	walk, cou	nting return	
Number of journeys 0 On average, how many miles v	was that re	eturn iourr	nev?		
Mileage 0		Juli juli			
Sporting a	nd Recre	ational Ad	ctivity		
Between the years and , did	you do any	y regular s	ports in a		 
competitive or strenuous natur and/or sweat a lot. It must h week for at least one year. Yes O No O	re? By this have been	we mean undertake	it made yc en for at l	east one hour per	 
competitive or strenuous natur and/or sweat a lot. It must h week for at least one year.	re? By this have been ne illustrat	we mean undertake	it made yc en for at l	east one hour per	
competitive or strenuous natur and/or sweat a lot. It must h week for at least one year. Yes O No O I am now going to show you som	re? By this have been ne illustrat	we mean undertake	it made yc en for at l ferent spo	east one hour per orts which may be	
competitive or strenuous natur and/or sweat a lot. It must h week for at least one year. Yes O No O I am now going to show you som undertaken on a competitive level. Can you identify your sports amon	re? By this have been ne illustrat	we mean undertake	it made yc en for at l ferent spo at sports d	east one hour per orts which may be id you do between	
competitive or strenuous natur and/or sweat a lot. It must h veek for at least one year. Yes O No O I am now going to show you som undertaken on a competitive level. Can you identify your sports amon the years and ? For how many years did you d	re? By this have been ne illustrat	we mean undertake ions of dif If not what t and on a <b>Hours</b>	it made yc en for at l ferent spo at sports d	east one hour per orts which may be id you do between	
competitive or strenuous natur and/or sweat a lot. It must h veek for at least one year. Yes No C I am now going to show you som undertaken on a competitive level. Can you identify your sports amon the years and ? For how many years did you d week?	re? By this have been ne illustrat ngst these? lo this spor	we mean undertake ions of dif If not what t and on a <b>Hours</b>	it made yc en for at l ferent spo at sports d overage ho <i>Minutes</i>	east one hour per orts which may be id you do between	
competitive or strenuous natur and/or sweat a lot. It must h week for at least one year. Yes O No O I am now going to show you som undertaken on a competitive level. Can you identify your sports amon the years and ? For how many years did you d week? Vigorously/strenuously	re? By this have been ne illustrat ngst these? lo this spor <b>Years</b> 0 0	we mean undertake	it made yo en for at l ferent spo at sports d iverage ho <i>Minutes</i> <i>per week</i>	east one hour per orts which may be id you do between	
competitive or strenuous natur and/or sweat a lot. It must h week for at least one year. Yes O No O I am now going to show you som undertaken on a competitive level. Can you identify your sports amon the years and ? For how many years did you d week? Vigorously/strenuously Swimming Cycling Running	re? By this have been ne illustrat ngst these? lo this spor <b>Years</b> 0 0 0	we mean undertake	it made yo en for at l ferent spo at sports d overage ho <i>Minutes</i> <i>per week</i> 0 0	east one hour per orts which may be id you do between	
competitive or strenuous natur and/or sweat a lot. It must h week for at least one year. Yes O No O I am now going to show you som undertaken on a competitive level. Can you identify your sports amon the years and ? For how many years did you d week? Vigorously/strenuously Swimming Cycling Running Football	re? By this have been ne illustrat ngst these? lo this spor <b>Years</b> 0 0 0 0	we mean undertake	it made yo en for at l ferent spo at sports d overage ho <i>Minutes per week</i> 0 0 0	east one hour per orts which may be id you do between	
competitive or strenuous natur and/or sweat a lot. It must h week for at least one year. Yes No O I am now going to show you som undertaken on a competitive level. Can you identify your sports amon the years and ? For how many years did you d week? Vigorously/strenuously Swimming Cycling Running Football Rugby	re? By this have been ne illustrat ngst these? lo this spor <b>Years</b> 0 0 0 0 0 0	we mean undertake	it made yo en for at l ferent spo at sports d overage ho <i>Minutes per week</i> 0 0 0 0 0	east one hour per orts which may be id you do between	
competitive or strenuous natur and/or sweat a lot. It must h week for at least one year. Yes O No O I am now going to show you som undertaken on a competitive level. Can you identify your sports amon the years and ? For how many years did you d week? Vigorously/strenuously Swimming Cycling Running Football	re? By this have been ne illustrat ngst these? lo this spor <b>Years</b> 0 0 0 0	we mean undertake	it made yo en for at l ferent spo at sports d overage ho <i>Minutes</i> <i>per week</i> 0 0 0	east one hour per orts which may be id you do between	

Volleyball	0	0	0
Basketball	0	0	0
Netball	0	0	0
Racket sports	0	0	0
Aerobics	0	0	0
Fighting sports	0	0	0
	0	0	0
	0	0	0

Between the years and , did you undertake any regular sport or recreational exercise on a casual basis? This means it was not competitive and didn't make you out of breath and/or sweat a lot. It must have been undertaken

for at least one hour per week for at least one year.

Yes	$\odot$	No	$\odot$	

I am now going to show you some more illustrations of different sports and recreational activities.

Can you identify your sport or exercise amongst these? If not what other activity did you do between the years and ?

For how many years did you do this activity and for how many hours per week on average?

J	Years	Hours per week	Minutes per week
Walking for pleasure	0	0	0
Swimming for pleasure	0	0	0
Jogging	0	0	0
<b>Conditioning exercises</b> (Yoga, weights)	0	0	0
Golf	0	0	0
Bowling	0	0	0
Fishing	0	0	0
Hunting	0	0	0
	0	0	0
	0	0	0

Let's continue with the period between and .

Just to remind you, in you were **years old**.

In what kind of accommodation did you live? More than one answer is allowed, but you must have spent at least one year in each. The options are...

Flat House without garden House with garden

-	rs we would like to know the minimum and
maximum number? It could be children, a partner, hous	semates or others.
Min number of people	0 Max number of people 0
Did you have children of y	our own living at home with you?
Yes C No C	
Were you caring for some	one at home, but not as paid employment? This could
	or school children, elderly or disabled.
Yes C No C	
Did you have any pets?	
Yes C No C	
Did you own or have acces	ss to a car?
Yes C No C	
<i>i</i> .	during this period? Several answers are allowed,
as long as the occupation	was done for at least one year. The options are
Student	(Staying at home to take care of the children)
<b>Employed</b> (Paid and voluntary, full-time and part-time) <b>Unemployed</b>	Professional sports person         (or practice of a sport at a national or international level)         In military service
(Paid and voluntary, full-time and part-time)	(or practice of a sport at a national or international level)
(Paid and voluntary, full-time and part-time) <b>Unemployed</b> <b>Retired</b> (from all employment voluntary and paid) Did you have any operatio	Image: Constraint of the second se
(Paid and voluntary, full-time and part-time) <b>Unemployed</b> <b>Retired</b> (from all employment voluntary and paid) Did you have any operatio than 1 month?	(or practice of a sport at a national or international level) In military service
(Paid and voluntary, full-time and part-time) <b>Unemployed</b> <b>Retired</b> (from all employment voluntary and paid) Did you have any operatio	(or practice of a sport at a national or international level) In military service
(Paid and voluntary, full-time and part-time) Unemployed Retired (from all employment voluntary and paid) Did you have any operatio than 1 month? Yes O No O How long were you unable	(or practice of a sport at a national or international level) In military service
(Paid and voluntary, full-time and part-time) Unemployed Retired (from all employment voluntary and paid) Did you have any operatio than 1 month? Yes O No O How long were you unable </td <td>(or practice of a sport at a national or international level) In military service</td>	(or practice of a sport at a national or international level) In military service
(Paid and voluntary, full-time and part-time) Unemployed Retired (from all employment voluntary and paid) Did you have any operatio than 1 month? Yes O No O How long were you unable	(or practice of a sport at a national or international level) In military service
(Paid and voluntary, full-time and part-time) Unemployed Retired (from all employment voluntary and paid) Did you have any operatio than 1 month? Yes O No O How long were you unable k? Years O Months I now ask questions about any stage you need remi	(or practice of a sport at a national or international level) In military service
(Paid and voluntary, full-time and part-time) Unemployed Retired (from all employment voluntary and paid) Did you have any operatio than 1 month? Yes O No O How long were you unable k? Years O Months I now ask questions about any stage you need remi- know.	<pre>(or practice of a sport at a national or international level) In military service ons or illnesses for which you were off work for more e to s 0 the physical activity you did during these five years.</pre>

to radio,	watching	TV. Yo	ou should	give a	separate	answer	for	working	and	non-
working	days.									

Up to 1		Hours per v	vorking day		
$\bigcirc$	Up to 2	Up to 3	Up to 4	Up to 6	Over 6
	Ō	$\bigcirc$	$\bigcirc$	$\odot$	$\odot$
		Hours per nor	n-working day	7	
Up to 1	Up to 2	Up to 3	Up to 4	Up to 6	Over 6
igodoldoldoldoldoldoldoldoldoldoldoldoldol	O	O	O	$\odot$	O
•	0 ny regular D This should a ar.	IY or house a average out to		•	-
For how ma s?					
s? <b>Years</b> Did you do a pruning, digg	ging, choppir	ig wood. This	should avera		ering, weeding, at least one hour
s? Years Did you do a pruning, digo per week for	ny regular g ging, choppir at least one	-	should avera		<b>.</b> .
S? Years Did you do a pruning, digg per week for Yes For how ma Years Excluding tra	ny regular ga ging, choppir at least one <b>No</b> any growing s 0 avel to and fr	ig wood. This growing seas	should avera on. at form of tra	ige out to a	at least one hour n did you use
Years         Years         Did you do a         oruning, digg         yer week for         Yes         Yes         For how ma         Years         Excluding transition         inost often to         you think yo	ny regular ga ging, choppin at least one <b>No</b> any growing s 0 avel to and fr o get about? u used them	ig wood. This growing seas Seasons? om work, wha You can give equally as m	should avera on. at form of tra more than c uch.	ige out to a	at least one hour n did you use
S? Years Did you do a poruning, digg per week for Yes For how ma Years Excluding transition	ny regular ga ging, choppin at least one <b>No</b> any growing s 0 avel to and fr o get about? u used them	ig wood. This growing seas Seasons? om work, wha You can give equally as m	should avera on. at form of tra more than of	ige out to a	at least one hour n did you use
Years         Years         Did you do a         runing, digg         er week for         Yes         Yes         For how ma         Years         Excluding trans         inost often to         ou think yo	ny regular ga ging, choppin at least one <b>No</b> any growing s 0 avel to and fr o get about? u used them	ig wood. This growing seas Seasons? om work, wha You can give equally as m	should avera on. at form of tra more than c uch.	ige out to a insportation one form of	at least one hou n did you use

Student	0
<b>Employed</b> (Paid and unpaid: voluntary work)	0
Housewife/husband	0
Professional sports person	0
In military service	0

### Guide

The sum of years should not be over five, unless the participant has held two or more occupations at the same time.

I am now going to show you some pictures which demonstrate four different types of work classified depending on the intensity of physical activity involved.

During these five years try to remember the type of activity your work involved, excluding housework. Try to classify each job into one of these four categories, whichever is most representative of what you did.

For each category, how many of the five years did you hold such a job and how many hours per week on average did you work? Need additional tables? Click on "Insert item" located under the table.



	Years	Months	Hours per week
Sedentary occupation	0	0	0
Standing occupation	0	0	0
Manual work	0	0	0
Heavy manual work	0	0	0

For how many years did you work as a professional sports person? On average how many hours per week did you do this job? What sport was it?

Years	Months	Hours per week	
0	0	0	

### Guide

The sum of years should not be over the number of years previously indicated unless more than one job has been held at the same time.

Commuting to work

	Between the years and , regarding travel to and from			
jouri	work or study, did you ever regularly travel by bike urney?		any part of your	
ĺ	This should be at least once a week for at least one year         Yes       C       No       C	•		
	For how many years did you do this?			
	Number of years 0			
	On average, how many journeys per week did you cycle journeys only? Number of journeys 0	, cou	nting return	
	On average, how many miles was that return journey?			
	Did you ever regularly travel to your place of work or stu of your journey? This should be at least once a week forYesCNoYesCNo			
	For how many years did you do this?       Number of years    0			
	On average, how many journeys per week did you walk	, cou	nting return	
			I	
	journeys only?			
	Number of journeys 0			
	On average, how many miles was that return journey?			
	Sporting and Recreational Activit	У		
	Between the years and , did you do any regular sports competitive or strenuous nature? By this we mean it ma and/or sweat a lot. It must have been undertaken for at	de yo		
weel	eek for at least one year.			
	Yes 🔿 No 🔿			
	am now going to show you some illustrations of differer ndertaken on a competitive level.	t spo	orts which may be	
	an you identify your sports amongst these? If not what spo e years and ?	orts c	lid you do between	
	For how many years did you do this sport and on average week?	ge ho	w many hours per	

		per week	per week
Swimming	0	0	0
Cycling	0	0	0
Running	0	0	0
Football	0	0	0
Rugby	0	0	0
Hockey	0	0	0
Cricket	0	0	0
Volleyball	0	0	0
Basketball	0	0	0
Netball	0	0	0
Racket sports	0	0	0
Aerobics	0	0	0
Fighting sports	0	0	0
	0	0	0
	0	0	0

Between the years and , did you undertake any regular sport or recreational exercise on a casual basis? This means it was not competitive and

didn't make you out of breath and/or sweat a lot. It must have been undertaken

for at least one hour per week for at least one year.

Yes 🔿 No 🔿

I am now going to show you some more illustrations of different sports and recreational activities.

Can you identify your sport or exercise amongst these? If not what other activity did you do between the years and ?

For how many years did you do this activity and for how many hours per week on average?

	Years	Hours per week	Minutes per week
Walking for pleasure	0	0	0
Swimming for pleasure	0	0	0
Jogging	0	0	0
<b>Conditioning exercises</b> (Yoga, weights)	0	0	0
Golf	0	0	0
Bowling	0	0	0
Fishing	0	0	0
Hunting	0	0	0

0 0 0

I will now ask about your physical activity between the ages of 20 and 29 years old

MRC Epidemiology Unit

Just like we did previously, please could you try to remember the period of your life between the ages of **20 and 29 years old**? It may help to recall special events that happened during that period such as weddings, births, holidays etc... To help you with this task, I will ask you some specific questions about your life during this period.

Just to remind you, when you were **20 years old** the year was and when you were **29 years old** the year was .

In what kind of accommodation did you live? More than one answer is allowed, but you must have spent at least one year in each. The options are...

Flat	House without garden	House with garden

During that decade, how many other people did you live with? As this number
is likely to have changed over the decade we would like to know the minimum
and maximum number?

This could be children, a partner, housemates or others.

Min number of people	0	Max number of people	0
----------------------	---	----------------------	---

Did you have children of your own living at home with you?

Yes	$\odot$	No	$\mathbf{O}$
-----	---------	----	--------------

Were you caring for someone at home, but not as paid employment? This could include babies, pre-school or school children, elderly or disabled.

|--|

Did you have any pets?

Yes O No O

Did you own or have access to a car?

Yes C No C

What was your occupation during this period? Several answers are allowed, as long as the occupation was done for at least one year. The options are...

Student	<i>Housewife/househusband</i> (Staying at home to take care of the children)	
<b>Employed</b> (Paid and voluntary, full-time and part-time)	<b>Professional sports person</b> (or practice of a sport at a national or international level)	

Retired			ilitary service		
(from all emplo					
voluntary and p	paid)				
Did you have han 1 month:		ons or illnesse	s for which yo	ou were off w	ork for more
Yes O	No	5			
How long we	re you unabl	e to			
(?					
Years	0 Month	s 0			
			activity you d answers you	-	decade. ven, please let
	Activ	ity in and ar	ound the ho	use	
	-	-	s <b>old</b> (i.e. from nd sitting at ho	· · · · ·	-
			ide activities s		
		k, listening to ing and non-w	radio, watchi	ng TV. You s	hould give a
separate ans		_	_ ,		
		Hours per w	vorking day		
		1			
		1			
		I			
		1			
Up to 1	Up to 2	Up to 3	Up to 4	Up to 6	Over 6
Up to 1	Up to 2	Up to 3	Up to 4	Up to 6	Over 6
		-			
O	Ō	O Hours per nor	C -working day	O	©
C Up to 1	C Up to 2	Hours per non	C -working day Up to 4	C Up to 6	Over 6
O	Ō	O Hours per nor	C -working day	O	©
C Up to 1 C Did you do a washing up,	C Up to 2 C ny regular ho cleaning the	C Hours per non Up to 3 C ousework? The house, doing house, doing	C -working day Up to 4	C Up to 6 C eparing food, nd ironing. T	Over 6 Cooking,
C Up to 1 C Did you do a washing up, average out Yes	<i>Up to 2</i> <i>C</i> ny regular ho cleaning the to at least or <i>No</i>	C Hours per non Up to 3 C ousework? The house, doing house, doing	C -working day Up to 4 C is includes pre the laundry a	C Up to 6 C eparing food, nd ironing. T	Over 6 Cooking,
C Up to 1 C Did you do a washing up, average out Yes	<i>Up to 2</i> <i>C</i> ny regular ho cleaning the to at least or <i>No</i>	C Hours per non Up to 3 C ousework? The house, doing house, doing	C -working day Up to 4 C is includes pre the laundry a	C Up to 6 C eparing food, nd ironing. T	Over 6 Cooking,
C Up to 1 C Did you do a washing up, average out Yes C For how many Years	Up to 2 C ny regular ho cleaning the to at least or No ( ny years? 0	C Hours per non Up to 3 C Dusework? Th house, doing house, doing	C -working day Up to 4 C is includes pre the laundry a ay for at least	C Up to 6 C eparing food, nd ironing. T one year.	Over 6 C Cooking, his should
C Up to 1 C Did you do a washing up, average out Yes C For how mar Years Did you do a gardening)?	Up to 2         O         Up to 2         O         No         No         O         Ny regular D         This should a	Image: Constraint of the system         Up to 3         Image: Constraint of the system         Image: Constresystem         Imag	C -working day Up to 4 C is includes pre the laundry a	C Up to 6 C eparing food, nd ironing. T one year.	Over 6 C cooking, his should
C Up to 1 C Did you do a washing up, average out Yes C For how mar Years Did you do a gardening)?	Up to 2         O         ny regular ho         cleaning the         to at least or         No         Ny years?         0         ny regular Di         This should and         ar.	Image: Constraint of the system         Up to 3         Image: Constraint of the system         Image: Constresystem         Imag	C -working day Up to 4 C is includes pre- the laundry a ay for at least nd car mainte	C Up to 6 C eparing food, nd ironing. T one year.	Over 6 C cooking, his should
Up to 1         Outer of the second	Up to 2         O         ny regular ho         cleaning the         to at least or         No         No         ny years?         0         ny regular Di         This should a         ar.         No         No	Image: Constraint of the second se	C -working day Up to 4 C is includes pre- the laundry a ay for at least nd car mainte	C Up to 6 C eparing food, nd ironing. T one year.	Over 6 C cooking, his should
Up to 1         Oid you do a         washing up,         average out         Yes         For how mai         Years         Did you do a         gardening)?         east one yea         Yes         Yes	Up to 2         O         ny regular ho         cleaning the         to at least or         No         No         ny years?         0         ny regular Di         This should a         ar.         No         No	Image: Constraint of the second se	C -working day Up to 4 C is includes pre- the laundry a ay for at least nd car mainte	C Up to 6 C eparing food, nd ironing. T one year.	Over 6 C cooking, his should

Did you do any regular gardening? This includes mowing, watering, weeding, pruning, digging, chopping wood. This should average out to at least one hour per week for at least one growing season.

Yes O No O

#### For how many growing seasons?

Excluding travel to and from work, what form of transportation did you use most often to get about? You can give more than one form of transport if you think you used them equally as much.

Car/Motor vehicle	Walk	Public transport	Cycle

### Activity at work

Between the ages of **20 and 29 years old** (i.e. from to ), how many years were you in each of the following occupations?

Student	0
<b>Employed</b> (Paid and unpaid: voluntary work)	0
Housewife/househusband	

	0
Professional sports person	0
In military service	0

#### Guide

The sum of years should not be over 10, unless the participant has held two or more occupations at the same time.

I am now going to show you some pictures which demonstrate four different types of work classified depending on the intensity of physical activity involved.

During this decade try to remember the type of activity your work involved, excluding housework. Try to classify each job into one of these four categories, which ever is most representative of what you did.

For each category, how many years of the decade did you hold such a job and how many hours per week on average did you work? Need additional tables?

Click on "Insert item" located under the table.

Years	Months	Hours per week
0	0	0
	Years 0	Years Months 0 0

Standing occupation	0	0	0
Manual work	0	0	0
Heavy manual work	0	0	0

#### Guide

The sum of years should not be over the number of years previously indicated unless more than one job has been held at the same time.

For how many years did you work as a professional sports person? On average how many hours per week did you do this job? What sport was it?

Years	Months	Hours per week
0	0	0

# Commuting to work

Between the ages of **20 and 29 years old**(i.e. from to ), regarding travel to and from your place of work or study, did you ever regularly travel by bike for any part of your journey? This should be at least once a week for at

YesC	No O
For how many y Number of years	ears did you do this?
On average, how journeys only? <b>Number of journ</b>	v many journeys per week did you cycle, counting return
On average, how Mileage 0	v many miles was that return journey?
	ularly travel to your place of work or study by foot for any part This should be at least once a week for at least one year. <b>No</b>
For how many y Number of years	ears did you do this?
On average, how journeys only?	w many journeys per week did you walk, counting return

On average, how many miles was that return journey?

Mileage 0

Sporting and Recreational Activity

From the ages of **20 to 29 years old**, did you do any regular sports in a competitive or strenuous nature? By this we mean it made you out of breath and/or sweat a lot. It must have been undertaken for at least one hour per week for at least one year.



I am now going to show you some illustrations of different sports which may be undertaken on a competitive level.

Can you identify your sport amongst these? If not what other sports did you do between the ages of **20 and 29 years old** (i.e. from to )?

For how many years did you do this sport and on average how many hours per week?

Vigorously/strenuously	Years	Hours per week	Minutes per week
Swimming	0	0	0
Cycling	0	0	0
Running			

	0	0	0
Football	0	0	0
Rugby	0	0	0
Hockey	0	0	0
Cricket	0	0	0
Volleyball	0	0	0
Basketball	0	0	0
Netball	0	0	0
Racket sports	0	0	0
Aerobics	0	0	0
Fighting sports	0	0	0
	0	0	0
	0	0	0

From the ages of **20 to 29 years old**, did you undertake any regular sport or recreational exercise on a casual basis? This means it was not competitive and didn't make you out of breath and/or sweat a lot. It must have been undertaken

for at least one hour per week for at least one year.



I am now going to show you some more illustrations of different sports and recreational activities.

Can you identify your sport or exercise amongst these? If not what other activity did you do between the ages of **20 and 29 years old**(i.e. from to )?

For how many years did you do this activity and for how many hours per week on average?

	Years	Hours per week	Minutes per week
Walking for pleasure	0	0	0
Swimming for pleasure	0	0	0
Jogging	0	0	0
Conditioning exercises (Yoga, Weights)	0	0	0
Golf	0	0	0
Bowling	0	0	0
Fishing	0	0	0
Hunting	0	0	0
	0	0	0
	0	0	0

Now, just like we did previously, could you please try to remember the period of your life between the ages of **30 and 39 years old**? It may help to recall special events that happened during that period such as weddings, births, holidays etc... To help you with this task, I will ask you some specific questions about your life during this period.

Just to remind you, when you were **30 years old** the year was , and when you were **39 years old** the year was .

In what kind of accommodation did you live? More than one answer is allowed, but you must have spent at least one year in each. The options are...

Flat	House without garden	House with garden

During that decade, how many other people did you live with? As this number is likely to have changed over the decade we would like to know the minimum and maximum number?

This could be children, a partner, housemates or others.

Did you have children of your own living at home with you?

Yes C No C

Were you caring for someone at home, but not as paid employment? This could include babies, pre-school or school children, elderly or disabled.

	any pets?	_			
Yes 🔿	No	)			
Did you own	or have acce	ss to a car?			
Yes O	No	)			
as long as the Student Employed (Paid and volunta part-time) Unemployed Retired (from all emplo voluntary and p	e occupation ary, full-time and oyment paid) any operatio	was done for Hou (Stay Prof (or pr intern In n Sons or illness	eriod? Severation of at least one of at least one of a sewife/househing at home to take for a sport at attional level) for the second service of a sport at attional level (second) service of a sport of a sport at attional level (second) service of a sport of a sport at attional level (second) service of a sport of a s	year. The opt nusband e care of the child s person t a national or	dren)
t any stage y		the physical	activity you c answers you	-	s decade. iven, please let
II now ask que any stage y know. Between the hours on ave	estions about ou need rem Activ ages of <b>30 a</b> erage per day	the physical inding of the ity in and a <b>and 39 year</b> did you spe	ound the ho round the ho sold (i.e. fror nd sitting at h	have just g buse n to ), how ome in activi	iven, please let many ties that were
I now ask que any stage y know. Between the hours on ave not related to reading, doir	estions about ou need rem Activi ages of <b>30</b> a erage per day o your job? T ng needlewor	the physical inding of the ity in and a <b>and 39 year</b> did you spe his does incluk, listening to	ound the hc	have just g ouse m to ), how ome in activi such as eatin ing TV. You s	iven, please let many ties that were g, drinking,
I now ask que any stage y know. Between the hours on ave not related to reading, doir separate ans	estions about ou need rem Activi ages of <b>30 a</b> erage per day o your job? T ng needlewor swer for work	the physical inding of the ity in and a <b>and 39 year</b> did you spe his does inclu- k, listening to ing and non- <i>Hours per</i>	e answers you round the ho s old (i.e. fror nd sitting at h ude activities s o radio, watch working days.	have just g ouse m to ), how ome in activi such as eatin ing TV. You s	iven, please let many ties that were g, drinking, should give a
Il now ask que t any stage y know. Between the hours on ave not related to reading, doir separate ans	estions about ou need rem Activi ages of <b>30 a</b> erage per day o your job? T ng needlewor swer for work	the physical inding of the ity in and a did you spe did you spe his does inclus k, listening to ing and non- <i>Hours per</i> <i>Up to 3</i>	e answers you round the ho s old (i.e. from nd sitting at h ude activities a p radio, watch working days. Working day	have just g buse m to ), how ome in activi such as eatin ing TV. You s <b>Up to 6</b>	iven, please let many ties that were g, drinking, should give a <b>Over 6</b>
I now ask que any stage y know. Between the hours on ave not related to reading, doir separate ans	estions about ou need rem Activi ages of <b>30 a</b> erage per day o your job? T ng needlewor swer for work	the physical inding of the ity in and a <b>and 39 year</b> did you spe his does inclu- k, listening to ing and non- <i>Hours per</i>	e answers you round the ho s old (i.e. fror nd sitting at h ude activities s o radio, watch working days.	have just g ouse m to ), how ome in activi such as eatin ing TV. You s	iven, please let many ties that were g, drinking, should give a
I now ask que any stage y know. Between the hours on ave not related to reading, doir separate ans	estions about ou need rem Activi ages of <b>30 a</b> erage per day o your job? T ng needlewor swer for work	the physical inding of the ity in and a <b>and 39 years</b> did you spe his does inclu- k, listening to ing and non- <i>Hours per</i> <i>Up to 3</i>	e answers you round the ho s old (i.e. from nd sitting at h ude activities a b radio, watch working days. <i>working day</i>	have just g ouse m to ), how ome in activi such as eatin ing TV. You s Up to 6	iven, please let many ties that were g, drinking, should give a <b>Over 6</b>
I now ask que any stage y know. Between the hours on ave not related to reading, doir separate ans	estions about ou need rem Activi ages of <b>30 a</b> erage per day o your job? T ng needlewor swer for work	the physical inding of the ity in and a <b>and 39 years</b> did you spe his does inclu- k, listening to ing and non- <i>Hours per</i> <i>Up to 3</i>	e answers you round the ho s old (i.e. from nd sitting at h ude activities a p radio, watch working days. Working day	have just g ouse m to ), how ome in activi such as eatin ing TV. You s Up to 6	iven, please let many ties that were g, drinking, should give a <b>Over 6</b>

Yes 🔿 No	$\odot$				
For how many years?					
Years 0					
Did you do any regular [	DIY or hous	se and car mai	ntenance (	excluding	
gardening)? This should				• •	at
east one year. Yes C No	O				
For how many rs?					
Years 0					
Did you do any regular g pruning, digging, choppi					
per week for at least one			5		
Yes C No	$\odot$				
For how many growing	seasons?				
Years 0					
2	•		•	,	
most often to get about?	You can	give more thar	•	,	
most often to get about? you think you used them	You can n equally as	give more thar	•	,	
most often to get about? you think you used them	You can n equally as	give more thar s much.	n one form	,	
most often to get about? you think you used them	You can n equally as	give more thar s much.	n one form	,	
most often to get about? you think you used them	P You can n equally as alk Pul	give more than s much. blic transport	n one form	,	
most often to get about? you think you used them Car/Motor vehicle W	You can equally as alk Pul	give more than s much. blic transport	one form	of transpo	rt if
most often to get about? you think you used them <i>Car/Motor vehicle W</i>	P You can equally as alk Pul Activ and 39 ye	give more than s much. blic transport	rom to )	of transpo	rt if
most often to get about? you think you used them Car/Motor vehicle W	P You can equally as alk Pul Activ and 39 ye	give more than s much. blic transport	rom to )	of transpo	rt if
most often to get about? you think you used them Car/Motor vehicle W Between the ages of <b>30</b> years were you in each of Student Employed	P You can on equally as a call of the follow	give more than s much. blic transport	rom to )	of transpo	rt if
most often to get about? you think you used them Car/Motor vehicle W Between the ages of 30 years were you in each of Student Employed (Paid and unpaid: voluntary wo	Activ	give more than s much. blic transport	rom to )	of transpo	rt if
most often to get about? you think you used them Car/Motor vehicle W Between the ages of 30 years were you in each of Student Employed (Paid and unpaid: voluntary wo Housewife/househusban	P You can one of the follow of	give more than s much. blic transport	rom to )	of transpo	rt if
most often to get about? you think you used them Car/Motor vehicle W Between the ages of <b>30</b> years were you in each of Student Employed (Paid and unpaid: voluntary wo Housewife/househusban Professional sports perso	P You can one of the follow of	give more than s much. blic transport	rom to )	of transpo	rt if
most often to get about? you think you used them Car/Motor vehicle W Between the ages of 30 years were you in each of Student Employed (Paid and unpaid: voluntary wo Housewife/househusban	P You can one of the follow of	give more than s much. blic transport	rom to )	of transpo	rt if
Between the ages of <b>30</b> years were you in each o Student Employed (Paid and unpaid: voluntary wo Housewife/househusban Professional sports perso	P You can one of a equally as a equally as a factor of the follow of the	give more than s much. blic transport	rom to )	of transpo	rt if
most often to get about? you think you used them Car/Motor vehicle W Between the ages of 30 years were you in each of Student Employed (Paid and unpaid: voluntary wo Housewife/househusban Professional sports person In military service Guide The sum of year	P You can one of equally as a equally as a equally as a equally as a equal of the follow of the foll	give more than s much. blic transport	rom to ) ns?	of transpo	rt if

I am now going to show you some pictures which demonstrate four different types of work classified depending on the intensity of physical activity involved.

During this decade try to remember the type of activity your work involved, excluding housework. Try to classify each job into one of these four categories, which ever is most representative of what you did.

For each category, how many years of the decade did you hold such a job and how many hours per week on average did you work? Need additional tables?

Click on "Insert item" located under the table.

	Years	Months	Hours per week
Sedentary occupation	0	0	0
Standing occupation	0	0	0
Manual work	0	0	0
Heavy manual work	0	0	0

For how many years did you work as a professional sports person? On average how many hours per week did you do this job? What sport was it?

Years	Months	Hours per week	
0	0	0	

	Guide
	The sum of years should not be over the number of years previously indicated unless more than one job has been held at the same time.
	Commuting to work
travel t bike fo least o <b>Yes</b>	en the ages of <b>30 and 39 years old</b> (i.e. from to ), regarding to and from your place of work or study, did you ever regularly travel by r any part of your journey? This should be at least once a week for at ne year. No C w many years did you do this?
	er of years 0
journe	erage, how many journeys per week did you cycle, counting return ys only? er of journeys 0
On av	erage, how many miles was that return journey?

Did you ever regularly travel to your place of work or study by foot for any part of your journey? This should be at least once a week for at least one year.

		$\mathbf{O}$		C
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For how many years did you do this?

Number of years 0

On average, how many journeys per week did you walk, counting return journeys only?

Number of journeys 0

On average, how many miles was that return journey?

Mileage 0

Sporting and Recreational Activity

From the ages of **30 to 39 years old**, did you do any regular sports in a competitive or strenuous nature? By this we mean it made you out of breath and/or sweat a lot. It must have been undertaken for at least one hour per week for at least one year.

Yes  $\bigcirc$ No  $\bigcirc$ 

I am now going to show you some illustrations of different sports which may be undertaken on a competitive level.

Can you identify your sport amongst these? If not what other sports did you do between the ages of **30 and 39 years old** (i.e. from to )?

For how many years did you do this sport and on average how many hours per week?

Vigorously/strenuously	Years	Hours per week	Minutes per week
Swimming	0	0	0
Cycling	0	0	0
Running	0	0	0
Football	0	0	0
Rugby	0	0	0
Hockey	0	0	0
Cricket	0	0	0
Volleyball	0	0	0
Basketball	0	0	0
Netball	0	0	0
Racket sports	0	0	0

Aerobics	0	0	0
Fighting sports	0	0	0
	0	0	0
	0	0	0

From the ages of **30 to 39 years old**, did you undertake any regular sport or recreational exercise on a casual basis? This means it was not competitive and didn't make you out of breath and/or sweat a lot. It must have been undertaken for at least one hour per week for at least one year.

Yes 🔿 No 🔿

I am now going to show you some more illustrations of different sports and recreational activities.

Can you identify your sport or exercise amongst these? If not what other activity did you do between the ages of **30 and 39 years old** (i.e. from to )?

For how many years did you do this activity and for how many hours per week on average?

	Years	Hours per week	Minutes per week
Walking for pleasure	0	0	0

Swimming for pleasure	0	0	0
Jogging	0	0	0
Conditioning exercises (Yoga, Weights)	0	0	0
Golf	0	0	0
Bowling	0	0	0
Fishing	0	0	0
Hunting	0	0	0
	0	0	0
	0	0	0

Now, just like we did previously, could you please try to remember the period of your life between the ages of **40 and 49 years old**? It may help to recall special events that happened during that period such as weddings, births, holidays etc... To help you with this task, I will ask you some specific questions about your life during this period.

Just to remind you, when you were **40 years old** the year was , and when you were **49 years old** the year was .

In what kind of accommodation did you live? More than one answer is allowed, but you must have spent at least one year in each. The options are...

Flat	House without garden	House with garden

L	
is ai	uring that decade, how many other people did you live with? As this number likely to have changed over the decade we would like to know the minimum nd maximum number?
	is could be children, a partner, housemates or others. Min number of people 0 Max number of people 0
D	id you have children of your own living at home with you?
	Yes C No C
	Vere you caring for someone at home, but not as paid employment? This couldiclude babies, pre-school or school children, elderly or disabled.YesCNoC
	id you have any pets?
	Yes O No O
	id you own or have access to a car?
Г	Yes O No O
	hat was your occupation during this period? Several answers are allowed, s long as the occupation was done for at least one year. The options are
5	Busewife/househusband       Image: Comparison of the children       Image: Comparison of the children         Student       Image: Comparison of the children       Image: Comparison of the children       Image: Comparison of the children
E	Employed Professional sports person
ра Ц R (1	Paid and voluntary, full-time and art-time)   Image: Constraint of the second
	id you have any operations or illnesses for which you were off work for more an 1 month? Yes C No C
	low long were you unable to
ork	Years 0 Months 0
at a	now ask questions about the physical activity you did during this decade. any stage you need reminding of the answers you have just given, please let now.
	Activity in and around the house
h n	Setween the ages of <b>40 and 49 years old</b> (i.e. from to ), how many ours on average per day did you spend sitting at home in activities that were ot related to your job? This does include activities such as eating, drinking, eading, doing needlework, listening to radio, watching TV. You should give a

separate ar	nswer for	working	and	non-working	days.

		Hours per w	vorking day		
Up to 1	Up to 2	Up to 3	Up to 4	Up to 6	Over 6
O	igodot	O	O	O	O
		Hours per non	-working day		
Up to 1	Up to 2	Up to 3	Up to 4	Up to 6	Over 6
$\odot$	$\odot$	igodol	Õ	$\odot$	$\odot$
•	0 hy regular DI his should a r. <i>No</i> C	verage out to	nd car mainte at least one	•	-
Funing, diggi er week for a Yes C For how mar Years	ing, chopping at least one of <i>No</i> C ny growing so 0	g wood. This growing seas easons?	on.	ge out to at le	east one hour
Years id you do ar runing, diggi er week for a Yes C For how mar Years Kcluding trav	ing, chopping at least one of <b>No</b> of y growing so of vel to and fro get about?	g wood. This growing seas easons? om work, wha You can give equally as mu	should averag on. at form of trai more than of uch.	ge out to at le	id you use

Activity at work

Between the ages	of 40 and 49 years old (i.e. from to ), how many	y
years were you in	each of the following occupations?	

Student

	0
<b>Employed</b> (Paid and unpaid: voluntary work)	0
Housewife/househusband	0
Professional sports person	0
In military service	0

# Guide

The sum of years should not be over 10, unless the participant has held two or more occupations at the same time.

I am now going to show you some pictures which demonstrate four different types of work which are classified depending on the intensity of physical activity involved.

During this decade try to remember the type of activity your work involved, excluding housework. Try to classify each job into one of these four categories, which ever is most representative of what you did.

For each category, how many years of the decade did you hold such a job and how many hours per week on average did you work? Need additional tables?

Click on "Insert item" located under the table.

	Years	Months	Hours per week
Sedentary occupation	0	0	0
Standing occupation	0	0	0
Manual work	0	0	0
Heavy manual work	0	0	0

For how many years did you work as a professional sports person? On average how many hours per week did you do this job? What sport was it?

Years	Months	Hours per week	
0	0	0	

### Guide

The sum of years should not be over the number of years previously indicated unless more than one job has been held at the same time.

Commuting to work

Between the ag	ges of <b>40 an</b>	d 49 years old (i.e. from to ), regarding
travel to and fr	om your plac	ce of work or study, did you ever regularly travel by
bike for any pa	rt of your jo	urney? This should be at least once a week for at
least one year.		
		1

Yes	$\mathbf{O}$	No	$\mathbf{O}$
-----	--------------	----	--------------

For how many years did you do this?

Number of years	0
-----------------	---

On average, how many journeys per week did you cycle, counting return journeys only?

Number of journeys 0

On average, how many miles was that return journey?

Mileage 0
-----------

Did you ever regularly travel to your place of work or study by foot for any part of your journey? This should be at least once a week for at least one year.

Yes C No C
------------

For how many years did you do this?

Number of years 0

On average, how many journeys per week did you walk, counting return

journeys only? <i>Number of journeys</i> 0						
On average, how many miles with the many miles	was that r	eturn jourr	iey?			
Sporting a	nd Recre	ational A	ctivity			
From the ages of <b>40 to 49 ye</b> competitive or strenuous natur and/or sweat a lot. It must hav week for at least one year.	re? By this	s we mean	it made y	ou out of breath		
Yes C No C						
I am now going to show you som undertaken on a competitive level.	am now going to show you some illustrations of different sports which may be indertaken on a competitive level.					
Can you identify your sport amongst these? If not what other sports did you do						
Detween the ages of <b>40 and 49 years old</b> (i.e. from to )? For how many years did you do this sport and on average how many hours per week?						
For how many years did you de	o this spor	t and on a	verage ho	w many hours per		

		per week	per week
Swimming	0	0	0
Cycling	0	0	0
Running	0	0	0
Football	0	0	0
Rugby	0	0	0
Hockey	0	0	0
Cricket	0	0	0
Volleyball	0	0	0
Basketball	0	0	0
Netball	0	0	0
Racket sports	0	0	0
Aerobics	0	0	0
Fighting sports	0	0	0
	0	0	0
	0	0	0

From the ages of **40 to 49 years old**, did you undertake any regular sport or recreational exercise on a casual basis? This means it was not competitive and

didn't make you out of breath and/or sweat a lot. It must have been undertaken

for at least one hour per week for at least one year.

Yes 🖸 No 🔿

I am now going to show you some more illustrations of different sports and recreational activities.

Can you identify your sport or exercise amongst these? If not what other activity did you do between the ages of **40 and 49 years old** (i.e. from to )?

For how many years did you do this activity and for how many hours per week on average?

	Years	Hours per week	Minutes per week
Walking for pleasure	0	0	0
Swimming for pleasure	0	0	0
Jogging	0	0	0
Conditioning exercises (Yoga, Weights)	0	0	0
Golf	0	0	0
Bowling	0	0	0
Fishing	0	0	0
Hunting	0	0	0

			0	0	0	
r, just like we did previ r life between the ages nts that happened durin nelp you with this task, ng this period.	of <b>50 an</b> g that per	<b>d 59</b> iod su	years old uch as wed	l? It may dings, bir	<sup>,</sup> help to i ths, holid	recall special ays etc
Just to remind you, whe when you were <b>59 yea</b>	•		-	the year	was , an	d
In what kind of accomm		-		e than on	e answer	is allowed,
but you must have sper Flat House without	4		/ear in eac se with gai		tions are.	
	garden	mou		uen		
During that decade, how is likely to have change and maximum number? This could be children, a partner	d over the	e deca	ide we wo			
Min number of people			umber of p	eople	0	
				•	• •	? This could
				•	• •	? This could
Were you caring for son include babies, pre-scho Yes C No Did you have any pets?	ool or scho			•	• •	? This could
include babies, pre-scho Yes C No	ool or scho			•	• •	? This could
include babies, pre-scho Yes C No Did you have any pets? Yes C No	ool or scho	ool ch		•	• •	? This could
include babies, pre-scho Yes C No Did you have any pets?	ool or scho	ool ch		•	• •	? This could
include babies, pre-scho Yes C No Did you have any pets? Yes C No Did you own or have ac Yes C No What was your occupati	col or scho col ccess to a col col during	car? this p	ildren, eld beriod? Se	erly or dis veral ansv	wers are a	allowed,
include babies, pre-scho Yes C No Did you have any pets? Yes C No Did you own or have ac Yes C No What was your occupations as long as the occupations	col or scho col ccess to a col col during	car? this p ne for	ildren, eld period? Se at least o sewife/hou	veral ansv ne year.	wers are a	allowed, as are
include babies, pre-scho Yes O No Did you have any pets? Yes O No Did you own or have ac Yes O No What was your occupations What was the occupations Student Employed (Paid and voluntary, full-time and solutary)	col or scho col or	car? this prof (Stayii (or prof	ildren, eld period? Se at least o sewife/hou ing at home to cessional sp actice of a spo	veral ans ne year. sehusban take care o <b>ports perso</b>	wers are a The option the children	allowed, as are
include babies, pre-scho Yes C No Did you have any pets? Yes C No Did you own or have ac Yes C No What was your occupations Student	col or scho col or	car? this p ne for <i>Hous</i> (Stayi (or pra interna	ildren, eld period? Se at least o sewife/hou ing at home to cessional sp	veral ansu ne year. sehusban take care o orts perso	wers are a The option the children	allowed, ns are
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Years	0 Month	s 0			
l now ask qu	estions about	the physical	activity you d	lid durina thi	s decade.
any stage y					iven, please let
know.					
	A ctivi	ty in and an	ound the he		
	ACUVI	ty in anu ai	ound the ho	use	
	e ages of <b>50 a</b>	=	•		many ties that were
	to your job? T				
	ng needleworl		•		should give a
separate an	swer for work	ing and non-	working days.		
			vorking day		
Up to 1	Up to 2	Up to 3	Up to 4	Up to 6	Over 6
C	C	C	C	O	O
		Hours per nor	n-working day		
Up to 1	Up to 2	Up to 3	Up to 4	Up to 6	Over 6
$\odot$	O	$\odot$	Ô	$\odot$	$\odot$
			is includes pre		
washing up, average out	cleaning the to at least on	house, doing e hour per da	the laundry a	ind ironing. T	
washing up,	cleaning the to at least on	house, doing e hour per da	the laundry a	ind ironing. T	
washing up, average out Yes C For how ma	cleaning the to at least on No	house, doing e hour per da	the laundry a	ind ironing. T	
washing up, average out Yes	cleaning the to at least on No	house, doing e hour per da	the laundry a	ind ironing. T	
washing up, average out Yes C For how ma Years	cleaning the to at least on No ( ny years?	house, doing e hour per da	the laundry a ay for at least	ind ironing. T one year.	his should
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washing up, average out Yes C For how ma Years Did you do a gardening)? least one ye	cleaning the to at least on <i>No</i> ny years? 0 any regular DI This should a ar.	house, doing e hour per da Y or house a verage out to	the laundry a ay for at least nd car mainte	nd ironing. T one year.	his should
washing up, average out Yes C For how ma Years Did you do a gardening)? least one ye	cleaning the to at least on <i>No</i> ny years? 0 any regular DI This should a ar.	house, doing e hour per da Y or house a verage out to	the laundry a ay for at least nd car mainte	nd ironing. T one year.	his should
washing up, average out Yes C For how ma Years Did you do a gardening)? least one ye Yes C For how ma	cleaning the to at least on No ( ny years? 0 any regular DI This should a ar. No (	house, doing e hour per da Y or house a verage out to	the laundry a ay for at least nd car mainte	nd ironing. T one year.	his should
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washing up, average out Yes C For how ma Years Did you do a gardening)? least one ye Yes C For how ma rs? Years Did you do a	cleaning the to at least on <i>No</i> ny years? 0 any regular DI This should a ar. <i>No</i> any 0 any regular ga	house, doing e hour per da Y or house at verage out to	the laundry a ay for at least nd car mainte o at least one	and ironing. T one year. mance (exclu hour per wea	This should ding ek for at
washing up, average out Yes C For how ma Years Did you do a gardening)? least one ye Yes C For how ma rs? Years Did you do a pruning, dig	cleaning the to at least on <b>No</b> ny years? 0 any regular DI This should a ar. <b>No</b> any 0 any regular ga ging, choppin	house, doing le hour per da Y or house a verage out to verage out to g wood. This	the laundry a ay for at least nd car mainte o at least one s includes mor should average	and ironing. T one year. mance (exclu hour per wea	This should ding ek for at
washing up, average out Yes C For how ma Years Did you do a gardening)? least one ye Yes C For how ma rs? Years Did you do a pruning, dig	cleaning the to at least on <b>No</b> any regular DI This should a ar. <b>No</b> any o any regular ga ging, choppin r at least one	house, doing e hour per da Y or house at verage out to verage out to g wood. This growing seas	the laundry a ay for at least nd car mainte o at least one s includes mor should average	and ironing. T one year. mance (exclu hour per wea	This should ding ek for at
washing up, average out Yes C For how ma Years Did you do a gardening)? least one ye Yes C For how ma rs? Years Did you do a pruning, dig per week for Yes C	cleaning the to at least on No ( any years? 0 any regular DI This should a ar. No ( any any 0 any regular ga ging, choppin r at least one No (	house, doing e hour per da Y or house at verage out to verage out to g wood. This growing seas	the laundry a ay for at least nd car mainte o at least one s includes mor should average	and ironing. T one year. mance (exclu hour per wea	This should ding ek for at
washing up, average out Yes C For how ma Years Did you do a gardening)? least one ye Yes C For how ma rs? Years Did you do a pruning, dig per week for Yes C	cleaning the to at least on <b>No</b> any regular DI This should a ar. <b>No</b> any o any regular ga ging, choppin r at least one	house, doing e hour per da Y or house at verage out to verage out to g wood. This growing seas	the laundry a ay for at least nd car mainte o at least one s includes mor should average	and ironing. T one year. mance (exclu hour per wea	This should ding ek for at

Excluding travel to and from work, what form of transportation did you use most often to get about? You can give more than one form of transport if you think you used them equally as much.

Car/Motor vehicle	Walk	Public transport	Cycle

### Activity at work

Between the ages of **50 and 59 years old** (i.e. from to ), how many years were you in each of the following occupations?

Student	0
<b>Employed</b> (Paid and unpaid: voluntary work)	0
Housewife/househusband	0
Professional sports person	0
In military service	0

#### Guide

The sum of years should not be over 10, unless the participant has held two or more occupations at the same time.

I am now going to show you some pictures which demonstrate four different types of work classified depending on the intensity of physical activity involved.

During this decade try to remember the type of activity your work involved, excluding housework. Try to classify each job into one of these four categories, which ever is most representative of what you did.

For each category, how many years of the decade did you hold such a job and how many hours per week on average did you work? Need additional tables?

Click on "Insert item" located under the table.

	Years	Months	Hours per week
Sedentary occupation	0	0	0
Standing occupation	0	0	0
Manual work	0	0	0
Heavy manual work	0	0	0

For how many years did you work as a professional sports person? On average how many hours per week did you do this job? What sport was it?

		Years	Months	Hours per week
--	--	-------	--------	----------------------

Image 0         On average, how many miles was that return journey?         Mileage 0         Did you ever regularly travel to your place of work or study by foot for any part of journey?         On average, how many miles was that return journey?         Mileage 0         Did you ever regularly travel to your place of work or study by foot for any part of journey?         Mileage 0         On average, how many miles was that return journey?         Mileage 0         Did you ever regularly travel to your place of work or study by foot for any part of journey? This should be at least once a week for at least one year.         Yes 0       No         On average, how many journeys per week did you cycle, counting return journeys only?         Mileage 0       0         Did you ever regularly travel to your place of work or study by foot for any part of years 0         On average, how many journeys per week did you walk, counting return journeys only?         Mumber of years 0         On average, how many journeys per week did you walk, counting return journeys only?         Number of journeys 0         On average, how many journeys per week did you walk, counting return journeys only?         Number of journeys 0         On average, how many journeys per week did you walk, counting return journeys only?         Number of journeys 0         On average, how many journeys per week did		Guide
Between the ages of <b>50 and 59 years old</b> (i.e. from to ), regarding travel to and from your place of work or study, did you ever regularly travel by bike for any part of your journey? This should be at least once a week for at least one year.         Yes       No         Yes       No         For how many years did you do this?         Number of years       0         On average, how many journeys per week did you cycle, counting return journeys only?         Number of journeys       0         On average, how many miles was that return journey?         Mileage       0         Did you ever regularly travel to your place of work or study by foot for any part of your journey? This should be at least once a week for at least one year.         Yes       No         On average, how many miles was that return journey?         Mileage       0         Did you ever regularly travel to your place of work or study by foot for any part of your journey? This should be at least once a week for at least one year.         Yes       No         For how many years did you do this?         Number of years       0         On average, how many journeys per week did you walk, counting return journeys only?         Number of journeys       0         On average, how many miles was that return journey?         Mileage       0		
travel to and from your place of work or study, did you ever regularly travel by bike for any part of your journey? This should be at least once a week for at least one year.          Yes       No         Yes       No         For how many years did you do this?         Number of years       0         On average, how many journeys per week did you cycle, counting return journeys only?         Number of journeys       0         On average, how many miles was that return journey?         Mileage       0         Did you ever regularly travel to your place of work or study by foot for any part of your journey? This should be at least once a week for at least one year.         Yes       No         For how many years did you do this?         Mileage       0         Did you ever regularly travel to your place of work or study by foot for any part of your journey? This should be at least once a week for at least one year.         Yes       No         For how many years did you do this?         Number of years       0         On average, how many journeys per week did you walk, counting return journeys only?         Number of journeys       0         On average, how many miles was that return journey?         Number of journeys       0         On average, how many miles was that return journey?         Mileage       0		Commuting to work
Number of years       0         On average, how many journeys per week did you cycle, counting return journeys only?         Number of journeys       0         On average, how many miles was that return journey?         Mileage       0         Did you ever regularly travel to your place of work or study by foot for any part of your journey? This should be at least once a week for at least one year.         Yes       No         For how many years did you do this?         Number of years       0         On average, how many journeys per week did you walk, counting return journeys only?         Number of journeys       0         On average, how many miles was that return journey?         Mumber of journeys       0         On average, how many miles was that return journey?         Mumber of journeys       0         On average, how many miles was that return journey?	travel bike fo least o	to and from your place of work or study, did you ever regularly travel by or any part of your journey? This should be at least once a week for at one year.
journeys only?         Number of journeys         0         On average, how many miles was that return journey?         Mileage       0         Did you ever regularly travel to your place of work or study by foot for any part of your journey? This should be at least once a week for at least one year.         Yes       No         For how many years did you do this?         Number of years       0         On average, how many journeys per week did you walk, counting return journeys only?         Number of journeys       0         On average, how many miles was that return journey?         Mileage       0		
Mileage       0         Did you ever regularly travel to your place of work or study by foot for any part of your journey? This should be at least once a week for at least one year.         Yes       No         For how many years did you do this?         Number of years       0         On average, how many journeys per week did you walk, counting return journeys only?         Number of journeys       0         On average, how many miles was that return journey?         Mileage       0	journ	eys only?
Mileage       0         Did you ever regularly travel to your place of work or study by foot for any part of your journey? This should be at least once a week for at least one year.         Yes       No         For how many years did you do this?         Number of years       0         On average, how many journeys per week did you walk, counting return journeys only?         Number of journeys       0         On average, how many miles was that return journey?         Mileage       0		
of your journey? This should be at least once a week for at least one year.   Yes   No   For how many years did you do this? Number of years 0 On average, how many journeys per week did you walk, counting return journeys only? Number of journeys 0 On average, how many miles was that return journey? Mileage 0		
Number of years       0         On average, how many journeys per week did you walk, counting return journeys only?         Number of journeys       0         On average, how many miles was that return journey?         Mileage       0		
journeys only?          Number of journeys       0         On average, how many miles was that return journey?         Mileage       0	<i>Milea</i> Did yc of you	<b>ge</b> 0 u ever regularly travel to your place of work or study by foot for any part r journey? This should be at least once a week for at least one year.
Mileage 0	Milea Did yc of you Yes For ho	ge       0         ou ever regularly travel to your place of work or study by foot for any part r journey? This should be at least once a week for at least one year.         No       0         ow many years did you do this?
Sporting and Recreational Activity	Milea Did yc of you Yes For ho Num On av journe	ge       0         nu ever regularly travel to your place of work or study by foot for any part r journey? This should be at least once a week for at least one year.         No       0         ow many years did you do this?         ber of years       0         rerage, how many journeys per week did you walk, counting return eys only?
	Milea Did yc of you Yes For ho Num On av On av	ge       0         nu ever regularly travel to your place of work or study by foot for any part r journey? This should be at least once a week for at least one year.         No       0         ow many years did you do this?         ber of years       0         erage, how many journeys per week did you walk, counting return eys only?         ber of journeys       0         erage, how many miles was that return journey?
From the ages of <b>50 to 59 years old</b> , did you do any regular sports in a competitive or strenuous nature? By this we mean it made you out of breath and/or sweat a lot? It must have been undertaken for at least one hour perconditions of the second	Milea Did yc of you Yes For ho Num On av On av	ge       0         u ever regularly travel to your place of work or study by foot for any part r journey? This should be at least once a week for at least one year.         No       No         ow many years did you do this?         ber of years       0         erage, how many journeys per week did you walk, counting return eys only?         ber of journeys       0         erage, how many miles was that return journey?

• No • Yes

I am now going to show you some illustrations of different sports which may be undertaken on a competitive level.

Can you identify your sport amongst these? If not what other sports did you do between the ages of **50 and 59 years old** (i.e. from to )?

For how many years did you do this sport and on average how many hours per week?

Vigorously/strenuously	Years	Hours per week	Minutes per week
Swimming	0	0	0
Cycling	0	0	0
Running	0	0	0
Football	0	0	0
Rugby	0	0	0
Hockey	0	0	0
Cricket	0	0	0
Volleyball	0	0	0
Basketball	0	0	0
Netball	0	0	0

Racket sports	0	0	0
Aerobics	0	0	0
Fighting sports	0	0	0
	0	0	0
	0	0	0

From the ages of **50 to 59 years old**, did you undertake any regular sport or recreational exercise on a casual basis? This means it was not competitive and didn't make you out of breath and/or sweat a lot. It must have been undertaken for at least one hour per week for at least one year.

Yes 🔿 No 🔿

I am now going to show you some more illustrations of different sports and recreational activities.

Can you identify your sport or exercise amongst these? If not what other activity did you do between the ages of **50 and 59 years old** (i.e. from to )?

For how many years did you do this activity and for how many hours per week on average?

	Years	Hours per week	Minutes per week
Walking for pleasure	0	0	0

Swimming for pleasure	0	0	0
Jogging	0	0	0
Conditioning exercises (Yoga, weights)	0	0	0
Golf	0	0	0
Bowling	0	0	0
Fishing	0	0	0
Hunting	0	0	0
	0	0	0
	0	0	0

Now, just like we did previously, could you please try to remember the period of your life between the ages of **60 and 69 years old**? It may help to recall special events that happened during that period such as weddings, births, holidays etc... To help you with this task, I will ask you some specific questions about your life during this period.

Just to remind you, when you were **60 years old** the year was , and when you were **69 years old** the year was .

In what kind of accommodation did you live? More than one answer is allowed, but you must have spent at least one year in each. The options are...

Flat	House without garden	House with garden

Min nun		f people	0	Max number of people     0
Did you	have (	children (	of your o	own living at home with you?
Yes	O	No	$\mathbf{O}$	
Did you	have a	any pets	?	
Did you <b>Yes</b>	have a	any pets <i>No</i>	?	
Yes	O		$\odot$	a car?
Yes	O	No	$\odot$	a car?

(Paid and voluntary, full-time and part-time)	(or practice of a sport at a national or international level)	
Unemployed	In military service	
<b>Retired</b> (from all employment voluntary and paid)		
Did you have any operations than 1 month?	or illnesses for which you were off v	vork for more
How long were you unable t	0	
ork? Years 0 Months	0	
	e physical activity you did during thi ling of the answers you have just g	
Activity	in and around the house	
hours on average per day d not related to your job? This	<b>1 69 years old</b> (i.e. from to ), how d you spend sitting at home in activide does include activities such as eatimistening to radio, watching TV. You s	ties that were ig, drinking,

separate answer for working and non-working days.

		Hours per w	vorking day		
Up to 1	Up to 2	Up to 3	Up to 4	Up to 6	Over 6
igodol	igodol	Õ	Õ	Õ	Õ

		Hours per non	-working day		
Up to 1	Up to 2	Up to 3	Up to 4	Up to 6	Over 6
igodol	Õ	Õ	Õ	$igodoldsymbol{igodoldsymbol{eta}}$	Õ

Did you do any regular housework? This includes preparing food, cooking, washing up, cleaning the house, doing the laundry and ironing. This should average out to at least one hour per day for at least one year.

Yes O No O

For how many years?

Years 0

Did you do any regular DIY or house and car maintenance (excluding gardening)? This should average out to at least one hour per week for at least one year.

Yes	$\mathbf{O}$	No	igodoldoldoldoldoldoldoldoldoldoldoldoldol	
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For how many

Yes     No       Yes     No       For how many growing       Years     0	C	
For how many growing		
	g seasons?	
Years 0		
-	from work, what form of transportation did you use t? You can give more than one form of transport if	
ou think you used the	m equally as much.	
Car/Motor vehicle	Walk Public transport Cycle	
	Activity at work	
_	<b>0 and 69 years old</b> (i.e. from to ), how many of the following occupations?	
Student		
Student		
Employed (Paid and unpaid: voluntary w Housewife/househusba Professional sports pers In military service	and O	
(Paid and unpaid: voluntary w Housewife/househusba Professional sports pers	and O son O	
(Paid and unpaid: voluntary w Housewife/househusba Professional sports pers In military service Guide The sum of ye	and O son O	
(Paid and unpaid: voluntary w Housewife/househusba Professional sports pers In military service Guide The sum of ye	ears should not be over 10, unless the participant	
(Paid and unpaid: voluntary w Housewife/househusba Professional sports pers In military service Guide The sum of ye has held	ears should not be over 10, unless the participant d two or more occupations at the same time.	
(Paid and unpaid: voluntary w Housewife/househusba Professional sports pers In military service Guide The sum of ye has held	ears should not be over 10, unless the participant d two or more occupations at the same time.	pes
(Paid and unpaid: voluntary w Housewife/househusba Professional sports pers In military service Guide The sum of ye has held now going to show yo ork classified depending	<pre>work) 0 and 0 son 0 o ears should not be over 10, unless the participant d two or more occupations at the same time. ou some pictures which demonstrate four different typ g on the intensity of physical activity involved.</pre>	
(Paid and unpaid: voluntary w Housewife/househusba Professional sports pers In military service Guide The sum of ye has held ork classified depending this decade try to iding housework. Try	ears should not be over 10, unless the participant d two or more occupations at the same time.	ed,
	0	

	Years	Months	Hours per week
Sedentary occupation	0	0	0
Standing occupation	0	0	0
Manual work	0	0	0
Heavy manual work	0	0	0

For how many years did you work as a professional sports person? On average how many hours per week did you do this job? What sport was it?

Years	Months	Hours per week
0	0	0

uide
The sum of years should not be over the number of years previous indicated unless more than one job has been held at the same tim

Commuting to work

Between the ages of **60 and 69 years old** (i.e. from to ), regarding travel to and from your place of work or study, did you ever regularly travel by bike for any part of your journey? This should be at least once a week for at least one year.

Yes	$\mathbf{O}$	No	(
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For how many years did you do this?

Number of years 0

On average, how many journeys per week did you cycle, counting return journeys only?

Number of journeys 0

On average, how many miles was that return journey?

Mileage 0

Did you ever regularly travel to your place of work or study by foot for any part of your journey? This should be at least once a week for at least one year.

Yes	0	No	$\mathbf{O}$
-----	---	----	--------------

For how many years did you do this?

Number of years 0

On average, how many journeys per week did you walk, counting return

journeys only?				
Number of journeys 0				
On average, how many miles	was that r	eturn jour	ney?	
Sporting a	nd Recre	ational A	ctivity	
From the ages of <b>60 to 69 yea</b> competitive or strenuous natur and/or sweat a lot? It must h k	e? By this	we mean	it made yo	ou out of breath
for at least one year.				
Yes C No C				
		<i>-</i> .		
you identify your sport amor ween the ages of <b>60 and 69 ye</b> For how many years did you de week?	ears old (	i.e. from	to )?	
ween the ages of <b>60 and 69 ye</b> For how many years did you d	ears old (	i.e. from	to )?	
ween the ages of <b>60 and 69 ye</b> For how many years did you do week?	ears old ( o this spor	i.e. from t and on a	to )? werage ho <i>Minutes</i>	
ween the ages of <b>60 and 69 ye</b> For how many years did you do week?	ears old ( o this spor	i.e. from t and on a <i>Hours</i>	to )? werage ho <i>Minutes</i>	
ween the ages of <b>60 and 69 ye</b> For how many years did you do week? <i>Vigorously/strenuously</i>	ears old ( o this spor Years	i.e. from t and on a <i>Hours</i> <i>per week</i>	to )? werage ho <i>Minutes</i> per week	
ween the ages of <b>60 and 69 ye</b> For how many years did you do week? <i>Vigorously/strenuously</i> <i>Swimming</i>	ears old ( o this spor Years	i.e. from t and on a <i>Hours</i> <i>per week</i> 0	to )? werage ho <i>Minutes</i> <i>per week</i> 0	
ween the ages of <b>60 and 69 ye</b> For how many years did you do week? <i>Vigorously/strenuously</i> <i>Swimming</i> <i>Cycling</i>	ears old ( o this spor Years	i.e. from rt and on a <i>Hours</i> <i>per week</i> 0	to )? werage ho <i>Minutes</i> <i>per week</i> 0	
ween the ages of <b>60 and 69 ye</b> For how many years did you do week? <i>Vigorously/strenuously</i> <i>Swimming</i> <i>Cycling</i> <i>Running</i>	ears old ( o this spor Years 0 0 0	i.e. from t and on a <i>Hours</i> <i>per week</i> 0 0 0	to )? werage ho <i>Minutes</i> <i>per week</i> 0 0 0	
ween the ages of <b>60 and 69 ye</b> For how many years did you do week? <i>Vigorously/strenuously</i> <i>Swimming</i> <i>Cycling</i> <i>Running</i> <i>Football</i>	ears old ( o this spor Years 0 0 0 0	i.e. from t and on a <i>Hours</i> <i>per week</i> 0 0 0 0	to )? werage ho <i>Minutes</i> <i>per week</i> 0 0 0 0	
ween the ages of <b>60 and 69 ye</b> For how many years did you do week? Vigorously/strenuously Swimming Cycling Running Football Rugby	ears old ( o this spor Years 0 0 0 0 0	i.e. from t and on a <i>Hours</i> <i>per week</i> 0 0 0 0 0	to )? werage ho <i>Minutes</i> <i>per week</i> 0 0 0 0 0	
Swimming Cycling Running Football Rugby Hockey	ears old ( o this spor Years 0 0 0 0 0 0 0 0	i.e. from t and on a <i>Hours</i> <i>per week</i> 0 0 0 0 0 0 0 0	to )? Werage ho Minutes per week 0 0 0 0 0 0 0 0 0 0	
ween the ages of <b>60 and 69 ye</b> For how many years did you do week? <i>Vigorously/strenuously</i> <i>Swimming</i> <i>Cycling</i> <i>Running</i> <i>Football</i> <i>Rugby</i> <i>Hockey</i> <i>Cricket</i>	ears old ( o this spor Years 0 0 0 0 0 0 0 0 0 0 0	i.e. from rt and on a <i>Hours</i> <i>per week</i> 0 0 0 0 0 0 0 0 0	to )? werage ho <i>Minutes</i> <i>per week</i> 0 0 0 0 0 0 0 0 0	

From the ages of **60 to 69 years old**, did you undertake any regular sport or recreational exercise on a casual basis? This means it was not competitive and

Racket sports

Fighting sports

Aerobics

didn't make you out of breath and/or sweat a lot. It must have been undertaken for at least one hour per week for at least one year.

Yes 🖸 No 🔿

I am now going to show you some more illustrations of different sports and recreational activities.

Can you identify your sport or exercise amongst these? If not what other activity did you do between the ages of **60 and 69 years old** (i.e. from to )?

For how many years did you do this activity and for how many hours per week on average?

	Years	Hours per week	Minutes per week
Walking for pleasure	0	0	0
Swimming for pleasure	0	0	0
Jogging	0	0	0
Conditioning exercises (Yoga, weights)	0	0	0
Golf	0	0	0
Bowling	0	0	0
Fishing	0	0	0
Hunting	0	0	0
	0	0	0

Now, just like we did previously, could you please try to remember the period of your life between the ages of **70 and 79 years old**? It may help to recall special events that happened during that period such as weddings, births, holidays etc... To help you with this task, I will ask you some specific questions about your life during this period.

0

0

0

0

Just to remind you, when you were **70 years old** the year was , and when you were **79 years old** the year was .

In what kind of accommodation did you live? More than one answer is allowed, but you must have spent at least one year in each. The options are...

Flat	House without garden	House with garden

During that decade, how many other people did you live with? As this number is likely to have changed over the decade we would like to know the minimum and maximum number?

This could be children, a partner, housemates or others.

Min number of people

0 Max number of people

Did you have children of your own living at home with you?

Yes	Ο	Νο	$\mathbf{O}$
-----	---	----	--------------

Were you caring for someone at home, but not as paid employment? This could	d
include babies, pre-school or school children, elderly or disabled.	

Yes O	No	$\mathbf{O}$
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# Did you have any pets?

Yes 🔿 No 🔿

# Did you own or have access to a car?

Yes C No C

What was your occupation during this period? Several answers are allowed, as long as the occupation was done for at least one year. The options are...

Student	<i>Housewife/househusband</i> (Staying at home to take care of the children)	
<b>Employed</b> (Paid and voluntary, full-time and part-time)	<b>Professional sports person</b> (or practice of a sport at a national or international level)	
Unemployed	In military service	
<b>Retired</b> (from all employment voluntary and paid)		

Did you have any operations or illnesses for which you were off work for more than 1 month?

Yes	0	No	$\mathbf{O}$
		-	

How long were you unable to work?				
Years		Months		

 $\bigcirc$ 

I will now ask questions about the physical activity you did during this decade. If at any stage you need reminding of the answers you have just given, please let me know.

Activity in and around the house

Between the ages of **70 and 79 years old** (i.e. from to ), how many hours on average per day did you spend sitting at home in activities that were not related to your job? This does include activities such as eating, drinking, reading, doing needlework, listening to radio, watching TV. You should give a separate answer for working and non-working days.

Hours per working day						
Up to 1	Up to 2	Up to 3	Up to 4	Up to 6	Over 6	
$\odot$	$\odot$	$\odot$	$\odot$	$\odot$	O	
	7					
		Hours per non	-working day			
Up to 1	Up to 2	Up to 3	Up to 4	Up to 6	Over 6	

 $\bigcirc$ 

 $\bigcirc$ 

 $\bigcirc$ 

Did you do any regular housework? This includes preparing food, cooking,

 $\bigcirc$ 

 $\bigcirc$ 

Yes O	No	hour per day for at le		
For how many	vears?			
Years 0	7			
	-	or house and car mai		
gardening)? This least one year.	s should ave	erage out to at least o	ne hour per week for a	it
Yes O	No O	1		
For how many				
rs?				
Years 0				
Did vou do anv	regular garg	dening? This includes	mowing, watering, wee	edina.
pruning, digging	, chopping	wood. This should ave	erage out to at least on	
per week for at		rowing season.		
Yes O	No O	1		
For how many	arowina se	asons?		
1				
Years 0				
Years 0				
Excluding travel most often to ge	to and from et about? Y sed them ec	ou can give more than qually as much.	transportation did you n one form of transport	
Excluding travel most often to ge you think you u	to and from et about? Y sed them ec	ou can give more than qually as much.	n one form of transport	
Excluding travel most often to ge you think you u	to and from et about? Y sed them ec	ou can give more than qually as much Public transport	n one form of transport	
Excluding travel most often to ge you think you u	to and from et about? Y sed them ec	ou can give more than qually as much.	n one form of transport	
Excluding travel most often to ge you think you us <i>Car/Motor vehi</i> Between the age	to and from et about? Y sed them ed cle Walk Walk es of <b>70 an</b>	ou can give more than qually as much. Public transport Activity at work d 79 years old (i.e. f	n one form of transport	
Excluding travel most often to ge you think you us <i>Car/Motor vehi</i> Between the age years were you	to and from et about? Y sed them ed cle Walk Walk es of <b>70 an</b>	ou can give more than qually as much. Public transport Activity at work d 79 years old (i.e. f he following occupatio	n one form of transport	
Excluding travel most often to ge you think you us <i>Car/Motor vehi</i> Between the age years were you <i>Student</i>	to and from et about? Y sed them ed cle Walk Walk es of <b>70 an</b>	ou can give more than qually as much. Public transport Activity at work d 79 years old (i.e. f	n one form of transport	
Excluding travel most often to ge you think you us <i>Car/Motor vehi</i> Between the age years were you <i>Student</i> <i>Employed</i>	to and from et about? Y sed them ed cle Walk cle Valk cle Call cle	ou can give more than qually as much. Public transport Activity at work d 79 years old (i.e. f he following occupatio	n one form of transport	
Excluding travel most often to ge you think you us <i>Car/Motor vehi</i> Between the age years were you <i>Student</i>	to and from et about? Y sed them ed cle Walk cle Walk cle Walk cle Walk cle Walk	ou can give more than qually as much. Public transport Activity at work d 79 years old (i.e. f he following occupation 0	n one form of transport	
Excluding travel most often to ge you think you us <i>Car/Motor vehi</i> Between the age years were you <i>Student</i> <i>Employed</i> (Paid and unpaid: ve	to and from et about? Y sed them ed cle Walk walk bluntary work) sehusband	ou can give more than qually as much. Public transport Activity at work d 79 years old (i.e. f he following occupation 0 0	n one form of transport	
Excluding travel most often to ge you think you us <i>Car/Motor vehi</i> Between the age years were you <i>Student</i> <i>Employed</i> (Paid and unpaid: ve <i>Housewife/hous</i>	to and from et about? Y sed them ed cle Walk walk walk walk walk walk walk walk w	ou can give more than qually as much. Public transport Activity at work d 79 years old (i.e. f he following occupation 0 0 0 0	n one form of transport	
Excluding travel most often to ge you think you us <i>Car/Motor vehi</i> Between the age years were you <i>Student</i> <i>Employed</i> (Paid and unpaid: vo <i>Housewife/hous</i> <i>Professional spo</i> <i>In military servi</i>	to and from et about? Y sed them ec icle Walk walk biological walk walk walk walk walk walk walk wa	ou can give more than qually as much. Public transport Activity at work d 79 years old (i.e. f he following occupation 0 0 0 0 0	n one form of transport	
Excluding travel most often to ge you think you us <i>Car/Motor vehi</i> Between the age years were you <i>Student</i> <i>Employed</i> (Paid and unpaid: ve <i>Housewife/hous</i>	to and from et about? Y sed them ec icle Walk walk walk walk walk walk walk walk w	ou can give more than qually as much. Public transport Activity at work d 79 years old (i.e. f he following occupation 0 0 0 0 0	n one form of transport	
Excluding travel most often to ge you think you us <i>Car/Motor vehi</i> Between the age years were you <i>Student</i> <i>Employed</i> (Paid and unpaid: vo <i>Housewife/hous</i> <i>Professional spo</i> <i>In military servi</i> Guide	to and from et about? Y sed them ed cle Walk cle	ou can give more than qually as much. Public transport Activity at work d 79 years old (i.e. f he following occupation 0 0 0 0 0	ess the participant	

I am now going to show you some pictures which demonstrate four different types of work classified depending on the intensity of physical activity involved.

During this decade try to remember the type of activity your work involved, excluding housework. Try to classify each job into one of these four categories, which ever is most representative of what you did.

For each category, how many years of the decade did you hold such a job and how many hours per week on average did you work? Need additional tables?

Click on "Insert item" located under the table.

	Years	Months	Hours per week
Sedentary occupation	0	0	0
Standing occupation	0	0	0
Manual work	0	0	0
Heavy manual work	0	0	0

For how many years did you work as a professional sports person? On average how many hours per week did you do this job? What sport was it?

Years	Months	Hours per week	
			Ī

	Guide The sum of years should not be over the number of years previously indicated unless more than one job has been held at the same time.
trave	Commuting to work een the ages of <b>70 and 79 years old</b> (i.e. from to ), regarding I to and from your place of work or study, did you ever regularly travel b for any part of your journey? This should be at least once a week for at
	one year.
Ye	s C No C
For h	ow many years did you do this? ber of years 0

Did you ever regularly travel of your journey? This shouldYesCNo	• •		•	<i>i i i i</i>
For how many years did you       Number of years    0	do this?			
On average, how many jourr	neys per wo	eek did you	ı walk, cou	nting return
journeys only?       Number of journeys    0				
On average, how many miles	s was that	return iour	nev?	
Mileage 0		letani joan	ney.	
Sporting	and Recre	eational A	ctivity	
oporting				
Yes C No C am now going to show you so indertaken on a competitive leve Can you identify your sport amo between the ages of <b>70 and 79</b> y	l. ongst these	e? If not w	hat other	
am now going to show you so indertaken on a competitive leve Can you identify your sport amo	el. ongst these <b>years old</b> (	e? If not w (i.e. from	/hat other to )?	sports did you do
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am now going to show you so indertaken on a competitive leve Can you identify your sport amo between the ages of <b>70 and 79</b> y For how many years did you week? <i>Vigorously/strenuously</i> <i>Swimming</i> <i>Cycling</i> <i>Running</i> <i>Football</i>	el. ongst these years old do this spo Years 0 0 0 0 0	e? If not w (i.e. from ort and on a <i>Hours</i> <i>per week</i> 0 0 0 0	(hat other to )? overage ho <i>Minutes</i> <i>per week</i> 0 0 0 0	sports did you do
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am now going to show you so indertaken on a competitive leve Can you identify your sport amo between the ages of <b>70 and 79 y</b> For how many years did you week? <i>Vigorously/strenuously</i> <i>Swimming</i> <i>Cycling</i> <i>Running</i> <i>Football</i> <i>Rugby</i> <i>Hockey</i> <i>Cricket</i>	el. ongst these years old do this spo Years 0 0 0 0 0 0 0 0 0 0 0 0 0	e? If not w (i.e. from ort and on a <b>Hours</b> <b>per week</b> 0 0 0 0 0 0 0 0 0 0 0	(hat other to )? werage ho <i>Minutes</i> <i>per week</i> 0 0 0 0 0 0 0 0	sports did you do

-----

Racket sports	0	0	0
Aerobics	0	0	0
Fighting sports	0	0	0
	0	0	0
	0	0	0

From the ages of **70 to 79 years old**, did you undertake any regular sport or recreational exercise on a casual basis? This means it was not competitive and didn't make you out of breath and/or sweat a lot. It must have been undertaken for at least one hour per week for at least one year.

I am now going to show you some more illustrations of different sports and recreational activities.

Can you identify your sport or exercise amongst these? If not what other activity did you do between the ages of **70 and 79 years old** (i.e. from to )?

For how many years did you do this activity and for how many hours per week on average?

	Years	Hours per week	Minutes per week
Walking for pleasure	0	0	0

Swimming for pleasure	0	0	0
Jogging	0	0	0
Conditioning exercises (Yoga, weights)	0	0	0
Golf	0	0	0
Bowling	0	0	0
Fishing	0	0	0
Hunting	0	0	0
	0	0	0
	0	0	0

Now, just like we did previously, could you please try to remember the period of your life between the ages of **80 and 89 years old**? It may help to recall special events that happened during that period such as weddings, births, holidays etc... To help you with this task, I will ask you some specific questions about your life during this period.

Just to remind you, when you were **80 years old** the year was , and when you were **89 years old** the year was

In what kind of accommodation did you live? More than one answer is allowed, but you must have spent at least one year in each. The options are...

Flat	House without garden	House with garden

-	many other people did you live with? As this number
is likely to have changed and maximum number?	over the decade we would like to know the minimum
This could be children, a partner, h Min number of people	0     Max number of people     0
Vid you have children of y       Yes     No	your own living at home with you?
	cone at home, but not as paid employment? This could
include babies, pre-schoo	l or school children, elderly or disabled.
Did you have any pets?	
Did you own or have acce	
Yes C No C	
• •	n during this period? Several answers are allowed, was done for at least one year. The options are
Student	Housewife/househusband         (Staying at home to take care of the children)
Employed	Professional sports person
	•
(Paid and voluntary, full-time and part-time)	(or practice of a sport at a national or international level)
Unemployed	Image: International reverse       In military service
<b>Retired</b> (from all employment voluntary and paid)	
Did you have any operation than 1 month?	ons or illnesses for which you were off work for more
Yes O No O	
How long were you unabl	le to
ork?	
Years 0 Month	
•	t the physical activity you did during this decade. hinding of the answers you have just given, please let
Activ	rity in and around the house
hours on average per day	and 89 years old (i.e. from to ), how many y did you spend sitting at home in activities that were This does include activities such as eating, drinking,
reading, doing needlewor	k, listening to radio, watching TV. You should give a

separate answer for working and non-working days.

Hours per working day					
Up to 1	Up to 2	Up to 3	Up to 4	Up to 6	Over 6
$\odot$	O	$\odot$	$\odot$	O	$\odot$

Hours per non-working day					
Up to 1	Up to 2	Up to 3	Up to 4	Up to 6	Over 6
$\odot$	O	$\odot$	$\odot$	igodot	igodot

Did you do any regular housework? This includes preparing food, cooking, washing up, cleaning the house, doing the laundry and ironing. This should average out to at least one hour per day for at least one year.

For how many years?

Years 0

Did you do any regular DIY or house and car maintenance (excluding gardening)? This should average out to at least one hour per week for at least one year.



For how many

C	ng season.		
ng seasor	าร?		
ut? You d	can give more than	-	•
	d from we ut? You e em equal	d from work, what form of t ut? You can give more than em equally as much.	d from work, what form of transportation out? You can give more than one form of the equally as much.

	0
<b>Employed</b> (Paid and unpaid: voluntary work)	0
Housewife/househusband	0
Professional sports person	0
In military service	0

# Guide

The sum of years should not be over 10, unless the participant has held two or more occupations at the same time.

I am now going to show you some pictures which demonstrate four different types of work classified depending on the intensity of physical activity involved.

During this decade try to remember the type of activity your work involved, excluding housework. Try to classify each job into one of these four categories, which ever is most representative of what you did.

For each category, how many years of the decade did you hold such a job and how many hours per week on average did you work? Need additional tables?

Click on "Insert item" located under the table.

	Years	Months	Hours per week
Sedentary occupation	0	0	0
Standing occupation	0	0	0
Manual work	0	0	0
Heavy manual work	0	0	0

For how many years did you work as a professional sports person? On average how many hours per week did you do this job? What sport was it?

Years	Months	Hours per week	
0	0	0	

#### Guide

The sum of years should not be over the number of years previously indicated unless more than one job has been held at the same time.

Commuting to work

Between the ages of <b>80 and 89 years old</b> (i.e. from to ), regarding
travel to and from your place of work or study, did you ever regularly travel by
bike for any part of your journey? This should be at least once a week for at
least one year.

Yes	$\mathbf{O}$	No	igodoldoldoldoldoldoldoldoldoldoldoldoldol

For how many years did you do this?

Number of years	0
-----------------	---

On average, how many journeys per week did you cycle, counting return journeys only?

Number of journeys 0

On average, how many miles was that return journey?

Mileage	0
---------	---

Did you ever regularly travel to your place of work or study by foot for any part of your journey? This should be at least once a week for at least one year.

Yes C No C
------------

For how many years did you do this?

Number of years 0

On average, how many journeys per week did you walk, counting return

journeys only?       Number of journeys     0
On average, how many miles was that return journey?       Mileage    0
Sporting and Recreational Activity
From the ages of <b>80 to 89 years old</b> , did you do any regular sports in a competitive or strenuous nature? By this we mean it made you out of breath and/or sweat a lot? It must have been undertaken for at least one hour per week for at least one year.
Yes 🔿 No 🔿
I am now going to show you some illustrations of different sports which may be undertaken on a competitive level.
Can you identify your sport amongst these? If not what other sports did you do
between the ages of <b>80 and 89 years old</b> (i.e. from to )?
For how many years did you do this sport and on average how many hours per week?
Vigorously/strenuously Years Hours Minutes

		per week	per week
Swimming	0	0	0
Cycling	0	0	0
Running	0	0	0
Football	0	0	0
Rugby	0	0	0
Hockey	0	0	0
Cricket	0	0	0
Volleyball	0	0	0
Basketball	0	0	0
Netball	0	0	0
Racket sports	0	0	0
Aerobics	0	0	0
Fighting sports	0	0	0
	0	0	0
	0	0	0

From the ages of **80 to 89 years old**, did you undertake any regular sport or recreational exercise on a casual basis? This means it was not competitive and

didn't make you out of breath and/or sweat a lot. It must have been undertaken for at least one hour per week for at least one year.

Yes 🔿 No 🔿

I am now going to show you some more illustrations of different sports and recreational activities.

Can you identify your sport or exercise amongst these? If not what other activity did you do between the ages of **80 and 89 years old** (i.e. from to )?

For how many years did you do this activity and for how many hours per week on average?

	Years	Hours per week	Minutes per week
Walking for pleasure	0	0	0
Swimming for pleasure	0	0	0
Jogging	0	0	0
Conditioning exercises (Yoga, weights)	0	0	0
Golf	0	0	0
Bowling	0	0	0
Fishing	0	0	0
Hunting	0	0	0
	0	0	0

r life between the ages of nts that happened during t	sly, could you please try to remember the period of <b>90 and 99 years old</b> ? It may help to recall special that period such as weddings, births, holidays etc will ask you some specific questions about your life
ng this period.	
Just to remind you, when you were <b>99 years</b>	you were <b>90 years old</b> the year was , and <b>old</b> the year was .
	dation did you live? More than one answer is allowed,
but you must have spent a	at least one year in each. The options are
Flat House without ga	arden House with garden
-	nany other people did you live with? As this number over the decade we would like to know the minimum ousemates or others.
Min number of people	0 Max number of people 0
Yes C No C	
Yes C No C	
Were you caring for somed	one at home, but not as paid employment? This could
Were you caring for somec include babies, pre-school	one at home, but not as paid employment? This could or school children, elderly or disabled.
Were you caring for some include babies, pre-school Yes O No O	one at home, but not as paid employment? This could or school children, elderly or disabled.
Were you caring for someo include babies, pre-school Yes O No O Did you have any pets?	one at home, but not as paid employment? This could or school children, elderly or disabled.
Were you caring for someo include babies, pre-school Yes O No O	one at home, but not as paid employment? This could or school children, elderly or disabled.
Were you caring for some include babies, pre-school Yes C No C Did you have any pets? Yes C No C Did you own or have acces	one at home, but not as paid employment? This could or school children, elderly or disabled.
Were you caring for some include babies, pre-school Yes O No O Did you have any pets? Yes O No O	one at home, but not as paid employment? This could or school children, elderly or disabled.
Were you caring for someo include babies, pre-school Yes C No C Did you have any pets? Yes C No C Did you own or have acces Yes C No C What was your occupation	one at home, but not as paid employment? This could or school children, elderly or disabled. ss to a car? during this period? Several answers are allowed,
Were you caring for someo include babies, pre-school Yes C No C Did you have any pets? Yes C No C Did you own or have acces Yes C No C What was your occupation	one at home, but not as paid employment? This could or school children, elderly or disabled. ss to a car? during this period? Several answers are allowed, was done for at least one year. The options are <i>Housewife/househusband</i>
Were you caring for someo include babies, pre-school Yes C No C Did you have any pets? Yes C No C Did you own or have acces Yes C No C What was your occupation as long as the occupation	one at home, but not as paid employment? This could or school children, elderly or disabled. ss to a car? during this period? Several answers are allowed, was done for at least one year. The options are Housewife/househusband (Staying at home to take care of the children) Professional sports person
Were you caring for someo include babies, pre-school Yes O No O Did you have any pets? Yes O No O Did you own or have acces Yes O No O What was your occupation as long as the occupation Student Employed (Paid and voluntary, full-time and	one at home, but not as paid employment? This could or school children, elderly or disabled. ss to a car? during this period? Several answers are allowed, was done for at least one year. The options are Housewife/househusband (Staying at home to take care of the children) Professional sports person (or practice of a sport at a national or
Were you caring for someo include babies, pre-school Yes O No O Did you have any pets? Yes O No O Did you own or have acces Yes O No O What was your occupation as long as the occupation Student Employed	one at home, but not as paid employment? This could or school children, elderly or disabled. ss to a car? during this period? Several answers are allowed, was done for at least one year. The options are Housewife/househusband (Staying at home to take care of the children) Professional sports person
Were you caring for some include babies, pre-school Yes O No O Did you have any pets? Yes O No O Did you own or have acces Yes O No O What was your occupation as long as the occupation as long as the occupation Student Employed (Paid and voluntary, full-time and part-time)	one at home, but not as paid employment? This could or school children, elderly or disabled. ss to a car? during this period? Several answers are allowed, was done for at least one year. The options are Housewife/househusband (Staying at home to take care of the children) Professional sports person (or practice of a sport at a national or international level)

Years	0 Month	5 0			
l now ask qu	estions about	the physical	activity vou d	id durina thi	s decade.
any stage y					iven, please let
know.					
	Activi	ty in and ar	ound the ho		
	e ages of <b>90 a</b>	-	•		many ties that were
not related t	o your job? T	his does inclu	ide activities s	such as eatin	g, drinking,
	ng needleworl		•	ing TV. You s	hould give a
separate and	swer for work	ing and non-v	working days.		
			vorking day		
Up to 1	Up to 2	Up to 3	Up to 4	Up to 6	Over 6
	U	U	U	U	U
		-	-working day		
Up to 1	Up to 2	Up to 3	Up to 4	Up to 6	Over 6
$\odot$	$\odot$	$\odot$	$\odot$	igodot	C
		ousework? Th	is includes pre	eparing food,	cooking,
washing up, average out	cleaning the to at least on	house, doing e hour per da	the laundry a	nd ironing. T	
washing up, average out Yes	cleaning the to at least on No	house, doing e hour per da	the laundry a	nd ironing. T	
washing up, average out <b>Yes</b> C For how ma	cleaning the to at least on No C	house, doing e hour per da	the laundry a	nd ironing. T	
washing up, average out Yes	cleaning the to at least on No	house, doing e hour per da	the laundry a	nd ironing. T	
washing up, average out Yes C For how ma Years Did you do a	cleaning the to at least on No C	house, doing e hour per da	the laundry a ay for at least nd car mainte	nd ironing. T one year. nance (exclu	his should
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washing up, average out Yes C For how ma Years Did you do a gardening)? least one ye Yes C For how ma rs? Years Did you do a pruning, dig	cleaning the to at least on <b>No</b> ny years? 0 any regular DI This should a ar. <b>No</b> any 0 any regular ga ging, choppin	house, doing e hour per da Y or house an verage out to verage out to g wood. This	the laundry a by for at least and car mainte b at least one s includes more should average	nd ironing. T one year. nance (exclu hour per wee	This should ding ek for at
washing up, average out Yes C For how ma Years Did you do a gardening)? least one ye Yes C For how ma rs? Years Did you do a pruning, dig per week for	cleaning the to at least on <i>No</i> ny years? 0 any regular DI This should a ar. <i>No</i> any 0 any regular ga ging, chopping r at least one	house, doing e hour per da Y or house an verage out to verage out to g wood. This growing seas	the laundry a by for at least and car mainte b at least one s includes more should average	nd ironing. T one year. nance (exclu hour per wee	his should ding ek for at
washing up, average out Yes C For how ma Years Did you do a gardening)? least one ye Yes C For how ma rs? Years Did you do a pruning, dig	cleaning the to at least on <i>No</i> ny years? 0 any regular DI This should a ar. <i>No</i> any 0 any regular ga ging, chopping r at least one	house, doing e hour per da Y or house an verage out to verage out to g wood. This growing seas	the laundry a by for at least and car mainte b at least one s includes more should average	nd ironing. T one year. nance (exclu hour per wee	his should ding ek for at
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washing up, average out Yes C For how ma Years Did you do a gardening)? least one ye Yes C For how ma rs? Years Did you do a pruning, dig per week for Yes C	cleaning the to at least on No ( any regular DI This should a ar. No ( any any any cleant cleast one No ( any regular ga ging, chopping r at least one No ( C	house, doing e hour per da Y or house an verage out to verage out to g wood. This growing seas	the laundry a by for at least and car mainte b at least one s includes more should average	nd ironing. T one year. nance (exclu hour per wee	his should ding ek for at

Excluding travel to and from work, what form of transportation did you use most often to get about? You can give more than one form of transport if you think you used them equally as much.

Car/Motor vehicle	Walk	Public transport	Cycle

# Activity at work

Between the ages of **90 and 99 years old** (i.e. from to ), how many years were you in each of the following occupations?

Student	0
<b>Employed</b> (Paid and unpaid: voluntary work)	0
Housewife/househusband	0
Professional sports person	0
In military service	0

### Guide

The sum of years should not be over 10, unless the participant has held two or more occupations at the same time.

I am now going to show you some pictures which demonstrate four different types of work classified depending on the intensity of physical activity involved.

During this decade try to remember the type of activity your work involved, excluding housework. Try to classify each job into one of these four categories, which ever is most representative of what you did.

For each category, how many years of the decade did you hold such a job and how many hours per week on average did you work? Need additional tables?

Click on "Insert item" located under the table.

	Years	Months	Hours per week
Sedentary occupation	0	0	0
Standing occupation	0	0	0
Manual work	0	0	0
Heavy manual work	0	0	0

For how many years did you work as a professional sports person? On average how many hours per week did you do this job? What sport was it?

		Years	Months	Hours per week
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The sum of years should not be over the number of years previously indicated unless more than one job has been held at the same time.         Commuting to work         Between the ages of 90 and 99 years old (i.e. from to ), regarding travel to and from your place of work or study, did you ever regularly travel by bike for any part of your journey? This should be at least once a week for at least one year.         Yes       No         For how many years did you do this?         Number of years       0         On average, how many journeys per week did you cycle, counting return journeys only?         Number of journeys       0         On average, how many miles was that return journey?         Mileage       0         Did you ever regularly travel to your place of work or study by foot for any part of your journeys the taleast once a week for at least one year.         Yes       No         For how many years did you do this?         Mumber of years       0         Did you ever regularly travel to your place of work or study by foot for any part of your journey? This should be at least once a week for at least one year.         Yes       No         For how many years did you do this?         Number of years       0         On average, how many journeys per week did you walk, counting return journey?         Number of journeys       0         On average, how many miles was that return journey?<		Guide
Between the ages of 90 and 99 years old (i.e. from to ), regarding travel to and from your place of work or study, did you ever regularly travel by pike for any part of your journey? This should be at least once a week for at east one year.         Yes       No         Yes       No         C       No         For how many years did you do this?         Number of years       0         On average, how many journeys per week did you cycle, counting return journeys only?         Number of journeys       0         On average, how many miles was that return journey?         Mileage       0         Oid you ever regularly travel to your place of work or study by foot for any part of years         Our journey? This should be at least once a week for at least one year.         Yes       No         C       No         C       No         C       No         C       No         C       No         C       No         For how many years did you do this?         Number of years       0         On average, how many journeys per week did you walk, counting return journeys only?         Number of journeys       0         On average, how many journeys per week did you walk, counting return journeys only?         Number of journeys       0 <th></th> <th></th>		
cravel to and from your place of work or study, did you ever regularly travel by pike for any part of your journey? This should be at least once a week for at east one year.         Yes       No         Yes       No         For how many years did you do this?         Number of years       0         On average, how many journeys per week did you cycle, counting return journeys only?         Number of journeys       0         On average, how many miles was that return journey?         Mileage       0         Oid you ever regularly travel to your place of work or study by foot for any part of your journey? This should be at least once a week for at least one year.         Yes       No         Con average, how many miles was that return journey?         Mileage       0         Oid you ever regularly travel to your place of work or study by foot for any part of your journey? This should be at least once a week for at least one year.         Yes       No         For how many years did you do this?         Number of years       0         On average, how many journeys per week did you walk, counting return journeys only?         Number of journeys       0         On average, how many miles was that return journey?         Mileage       0         On average, how many miles was that return journey?         Mileage       0 </td <td></td> <td>Commuting to work</td>		Commuting to work
Number of years       0         On average, how many journeys per week did you cycle, counting return journeys only?         Number of journeys       0         On average, how many miles was that return journey?         Mileage       0         Did you ever regularly travel to your place of work or study by foot for any part of your journey? This should be at least once a week for at least one year.         Yes       No         For how many years did you do this?         Number of years       0         On average, how many journeys per week did you walk, counting return journeys only?         Number of journeys       0         On average, how many miles was that return journey?         Mileage       0         On average, how many journeys per week did you walk, counting return journeys only?         Number of journeys       0         On average, how many miles was that return journey?         Mileage       0         Sporting and Recreational Activity         from the ages of 90 to 99 years old, did you do any regular sports in a competitive or strenuous nature? By this we mean it made you out of breath	travel bike fo east o	to and from your place of work or study, did you ever regularly travel by or any part of your journey? This should be at least once a week for at one year.
Journeys only?         Number of journeys         0    On average, how many miles was that return journey?          Mileage       0    Did you ever regularly travel to your place of work or study by foot for any part of your journey? This should be at least once a week for at least one year.          Yes       No         For how many years did you do this?         Number of years       0    On average, how many journeys per week did you walk, counting return journeys only?          Number of journeys       0    On average, how many miles was that return journey?          Mileage       0    Sporting and Recreational Activity     From the ages of 90 to 99 years old, did you do any regular sports in a competitive or strenuous nature? By this we mean it made you out of breath		
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From the ages of <b>90 to 99 years old</b> , did you do any regular sports in a competitive or strenuous nature? By this we mean it made you out of breath	<i>Milea</i> Did yo of you <i>Yes</i> For ho <i>Numl</i> On av journe	ge       0         ou ever regularly travel to your place of work or study by foot for any part r journey? This should be at least once a week for at least one year.         No       No         ow many years did you do this?         ber of years       0         rerage, how many journeys per week did you walk, counting return eys only?
competitive or strenuous nature? By this we mean it made you out of breath	Milea Did yo of you Yes For ho Numl On av Journe Numl	ge       0         ou ever regularly travel to your place of work or study by foot for any part r journey? This should be at least once a week for at least one year.         o       No         o       No         ow many years did you do this?         ber of years       0         rerage, how many journeys per week did you walk, counting return eys only?         ber of journeys       0         rerage, how many miles was that return journey?
and/or sweat a lot? It must have been undertaken for at least one hour per	Milea Did yo of you Yes For ho Num On av On av	ge       0         bu ever regularly travel to your place of work or study by foot for any part r journey? This should be at least once a week for at least one year.         i       No         i       No         i       i     <

○ No ○ Yes

I am now going to show you some illustrations of different sports which may be undertaken on a competitive level.

Can you identify your sport amongst these? If not what other sports did you do between the ages of **90 and 99 years old** (i.e. from to )?

For how many years did you do this sport and on average how many hours per week?

Vigorously/strenuously	Years	Hours per week	Minutes per week
Swimming	0	0	0
Cycling	0	0	0
Running	0	0	0
Football	0	0	0
Rugby	0	0	0
Hockey	0	0	0
Cricket	0	0	0
Volleyball	0	0	0
Basketball	0	0	0
Netball	0	0	0

Racket sports	0	0	0
Aerobics	0	0	0
Fighting sports	0	0	0
	0	0	0
	0	0	0

From the ages of **90 to 99 years old**, did you undertake any regular sport or recreational exercise on a casual basis? This means it was not competitive and didn't make you out of breath and/or sweat a lot. It must have been undertaken for at least one hour per week for at least one year.

Yes 🔿 No 🔿

I am now going to show you some more illustrations of different sports and recreational activities.

Can you identify your sport or exercise amongst these? If not what other activity did you do between the ages of **90 and 99 years old** (i.e. from to )?

For how many years did you do this activity and for how many hours per week on average?

	Years	Hours per week	Minutes per week
Walking for pleasure	0	0	0

		0	0
Jogging	0	0	0
Conditioning exercises (Yoga, weights)	0	0	0
Golf	0	0	0
Bowling	0	0	0
Fishing	0	0	0
Hunting	0	0	0
	0	0	0
	0	0	0

ime at the er	nd of tl	ne interview		
Time				
Comments				
		the volunteer's answers		
	ou rate	the volunteer's answers Uncertain of answers	?	Answers Reluctantly given

Thank You For Completing This Questionnaire.