

Oregon Behavioral Risk Factor Surveillance System (BRFSS), 1998

During the past month, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

(Weighted Column Percents)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Yes		81.2	86.4	84.8	82.3	82.5	80.4	72.4
No		18.8	13.6	15.2	17.7	17.5	19.6	27.6
Male	Yes	83.2	82.7	89.9	84.5	83.9	78.3	76.8
	No	16.8	17.3	10.1	15.5	16.1	21.7	23.2
Female	Yes	79.2	90.2	79.6	80.1	81.0	82.4	69.3
	No	20.8	9.8	20.4	19.9	19.0	17.6	30.7
Denominator is: All survey respondents								

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During the past month, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

(Unweighted Frequencies)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Total		1815	155	350	381	372	254	303
Yes		1467	136	294	312	304	203	218
No		348	19	56	69	68	51	85
Male	Total	741	62	158	142	164	111	104
	Yes	617	53	141	117	138	88	80
	No	124	9	17	25	26	23	24
Female	Total	1074	93	192	239	208	143	199
	Yes	850	83	153	195	166	115	138
	No	224	10	39	44	42	28	61
Denominator is: All survey respondents								

Oregon Behavioral Risk Factor Surveillance System (BRFSS), 1998

What type of physical activity did you spend the most time doing during the past month?
(Weighted Column Percents)

	Total	Age Groups					
		18-24	25-34	35-44	45-54	55-64	65+
Aerobics class	1.9	2.5	2.6	2.1	2.3	.3	1.1
Basketball	1.6	5.0	1.6	1.5	.2	1.3	1.0
Bicycling for pleasure	3.6	7.0	4.9	3.3	3.5	2.9	1.0
Bowling	.2				.2	.3	.6
Boxing	.1		.4		.2		
Calisthenics	1.5	1.1	3.3	1.2	1.2	.5	.9
Canoeing in competition	.0						.3
Dancing-aerobics/ballet	.6	1.4	.2	1.2		.5	.3
Fishing from river bank or boat	.4	1.1	.4	.2	.6		
Gardening	11.3	1.3	6.0	13.5	12.6	13.0	18.8
Golf	4.2	.7	5.2	2.6	6.9	5.5	3.8
Health club exercise	2.0	.3	2.1	2.5	1.6	1.3	3.2
Hiking-cross-country	1.9	4.7	2.7	2.1	1.6	.6	
Home exercise	2.8		2.9	3.0	3.4	4.0	2.7
Horseback riding	.5		.2	.9		.3	1.2
Hunting large game	.4	1.8			1.1		
Jogging	1.4	3.7	.6	2.3	1.4	.3	
Judo/karate	.4		.4	1.2	.4		
Mountain climbing	.1				.5		
Mowing lawn	.7			2.2		.3	.9
Painting/papering house	.1						.3
Racquetball	.1	.6		.3			
Raking lawn	.0		.2				
Running	5.7	10.4	10.8	4.9	4.3	3.7	.6
Skating, ice or roller	.1	1.1					
Snow skiing	.3		.6	1.0			
Soccer	.6		2.2	1.0			
Softball	1.0	2.2	2.5	.9	.6		
Stair climbing	.3	.6	1.1	.1			
Surfing	.0				.1		
Swimming laps	1.3	2.8	1.2	1.4	.2	.8	1.8
Tennis	.4		.3		.2	1.9	.6
Touch football	.0		.2				
Volleyball	.0	.4					

Walking		46.6	42.5	35.2	44.4	50.0	55.2	55.3
Waterskiing		.3	1.1	.4		.4		
Weight lifting		3.1	6.0	7.1	2.0	3.0	.5	
Other		3.7	2.0	3.8	3.5	2.8	6.1	4.7
Bicycling machine exercise		.6		.9	.6	.8	.5	.9
Male	Aerobics class	.5	2.2	.8		.4		
	Basketball	3.0	9.5	3.0	2.4	.4	2.7	2.2
	Bicycling for pleasure	5.1	8.1	5.6	5.3	5.0	4.7	2.2
	Bowling	.4				.4	.7	1.4
	Boxing	.2		.8		.4		
	Calisthenics	1.7	2.2	5.3	.5	.8		.7
	Dancing-aerobics/ballet	.3		.4	.5			.7
	Fishing from river bank or boat	.7	2.2	.8	.5	1.2		
	Gardening	10.1	1.5	4.5	13.5	10.3	10.1	19.4
	Golf	7.6	1.5	7.3	5.1	12.2	10.5	8.6
	Health club exercise	1.6		1.5	2.4	1.5		2.9
	Hiking-cross-country	2.9	9.5	3.0	2.7	2.3	1.3	
	Home exercise	2.6		1.9	2.4	3.5	4.0	3.6
	Horseback riding	.2						1.4
	Hunting large game	.8	3.7			2.1		
	Jogging	1.6	3.7	1.1	1.5	2.7	.7	
	Judo/karate	.9		.8	2.4	.8		
	Mowing lawn	.8			2.9		.7	.7
	Painting/papering house	.1						.7
	Raking lawn	.1		.4				
	Running	6.6	8.8	9.4	6.3	6.8	6.1	1.4
	Snow skiing	.3			1.5			
	Soccer	1.3		4.1	1.9			
	Softball	1.8	4.4	3.8	1.5	1.2		
	Stair climbing	.2		1.1				
	Surfing	.0				.3		
	Swimming laps	1.4	2.9	.8	2.2			2.9
	Tennis	.5				.4	1.7	1.4
	Touch football	.1		.4				
	Volleyball	.1	.7					
	Walking	36.3	24.9	24.3	38.2	40.7	45.7	46.0
	Waterskiing	.6	2.2	.8		.8		
Weight lifting	5.0	9.2	12.0	3.4	3.1	1.0		
Other	3.9	2.9	5.6	2.9	1.7	10.1	2.2	
Bicycling machine exercise	.6		.8		1.2		1.4	
	Aerobics class	3.3	2.7	4.7	4.3	4.3	.5	2.0

Female	Basketball	.2	.5		.6			
	Bicycling for pleasure	2.2	6.0	4.0	1.2	2.0	1.3	
	Calisthenics	1.2		1.0	2.0	1.7	1.0	1.0
	Canoeing in competition	.1						.5
	Dancing-aerobics/ballet	.9	2.7		2.0		1.0	
	Gardening	12.4	1.1	7.8	13.6	15.0	15.6	18.3
	Golf	.8		2.7		1.3	1.0	
	Health club exercise	2.3	.5	2.7	2.6	1.7	2.5	3.5
	Hiking-cross-country	.9		2.4	1.4	.8		
	Home exercise	2.9		4.0	3.6	3.3	4.0	2.0
	Horseback riding	.7		.3	1.7		.5	1.0
	Jogging	1.2	3.8		3.2			
	Mountain climbing	.2				1.0		
	Mowing lawn	.5			1.4			1.0
	Racquetball	.3	1.1		.6			
	Running	4.8	12.0	12.5	3.5	1.7	1.5	
	Skating, ice or roller	.3	2.2					
	Snow skiing	.4		1.3	.6			
	Softball	.2		1.0	.3			
	Stair climbing	.4	1.1	1.0	.3			
	Swimming laps	1.2	2.7	1.7	.6	.3	1.5	1.0
	Tennis	.4		.7			2.0	
	Walking	56.8	59.5	48.1	50.8	59.7	64.0	62.7
Weight lifting	1.2	3.0	1.3	.6	2.8			
Other	3.6	1.1	1.7	4.0	4.0	2.5	6.7	
Bicycling machine exercise	.7		1.0	1.2	.3	1.0	.5	

Denominator is: All survey respondents who said that they engaged in some form of physical activity during the last month

Oregon Behavioral Risk Factor Surveillance System (BRFSS), 1998

What type of physical activity did you spend the most time doing during the past month?
(Unweighted Frequencies)

	Total	Age Groups					
		18-24	25-34	35-44	45-54	55-64	65+
Total	1467	136	294	312	304	203	218
Aerobics class	36	4	9	10	9	1	3
Basketball	18	6	6	3	1	1	1
Bicycling for pleasure	56	10	17	9	12	6	2
Bowling	3				1	1	1
Boxing	2		1		1		
Calisthenics	20	1	8	4	4	1	2
Canoeing in competition	1						1
Dancing-aerobics/ballet	11	3	1	5		1	1
Fishing from river bank or boat	5	1	1	1	2		
Gardening	161	2	17	40	35	27	40
Golf	57	1	16	6	17	11	6
Health club exercise	29	1	6	7	7	3	5
Hiking-cross-country	25	4	8	7	5	1	
Home exercise	43		8	11	11	6	7
Horseback riding	7		1	3		1	2
Hunting large game	5	2			3		
Jogging	19	5	2	8	3	1	
Judo/karate	4		1	2	1		
Mountain climbing	1				1		
Mowing lawn	7			4		1	2
Painting/papering house	1						1
Racquetball	2	1		1			
Raking lawn	1		1				
Running	80	17	27	16	14	5	1
Skating, ice or roller	1	1					
Snow skiing	5		2	3			
Soccer	6		4	2			
Softball	9	1	4	2	2		
Stair climbing	5	1	3	1			
Surfing	1				1		
Swimming laps	17	3	3	5	1	2	3
Tennis	7		1		1	4	1
Touch football	1		1				

Volleyball		1	1					
Walking		704	56	116	143	151	111	127
Waterskiing		3	1	1		1		
Weight lifting		42	10	16	6	8	2	
Other		57	3	10	11	9	14	10
Bicycling machine exercise		11		3	2	3	1	2
Refused		3	1				2	
Male	Total	617	53	141	117	138	88	80
	Aerobics class	3	1	1		1		
	Basketball	16	5	6	2	1	1	1
	Bicycling for pleasure	37	4	12	7	8	4	2
	Bowling	3				1	1	1
	Boxing	2		1		1		
	Calisthenics	9	1	5	1	1		1
	Dancing-aerobics/ballet	3		1	1			1
	Fishing from river bank or boat	5	1	1	1	2		
	Gardening	58	1	6	14	13	9	15
	Golf	51	1	12	6	16	10	6
	Health club exercise	9		2	2	3		2
	Hiking-cross-country	17	4	4	5	3	1	
	Home exercise	18		3	3	6	3	3
	Horseback riding	1						1
	Hunting large game	5	2			3		
	Jogging	10	2	2	2	3	1	
	Judo/karate	4		1	2	1		
	Mowing lawn	4			2		1	1
	Painting/papering house	1						1
	Raking lawn	1		1				
	Running	45	6	15	9	11	3	1
	Snow skiing	2			2			
	Soccer	6		4	2			
	Softball	6	1	2	1	2		
	Stair climbing	1		1				
	Surfing	1				1		
	Swimming laps	8	1	1	4			2
	Tennis	4				1	2	1
	Touch football	1		1				
	Volleyball	1	1					
	Walking	219	12	35	43	51	40	38
Waterskiing	3	1	1		1			
Weight lifting	32	7	15	5	3	2		

	Other	27	2	7	3	3	10	2
	Bicycling machine exercise	4		1		2		1
Female	Total	850	83	153	195	166	115	138
	Aerobics class	33	3	8	10	8	1	3
	Basketball	2	1		1			
	Bicycling for pleasure	19	6	5	2	4	2	
	Calisthenics	11		3	3	3	1	1
	Canoeing in competition	1						1
	Dancing-aerobics/ballet	8	3		4		1	
	Gardening	103	1	11	26	22	18	25
	Golf	6		4		1	1	
	Health club exercise	20	1	4	5	4	3	3
	Hiking-cross-country	8		4	2	2		
	Home exercise	25		5	8	5	3	4
	Horseback riding	6		1	3		1	1
	Jogging	9	3		6			
	Mountain climbing	1				1		
	Mowing lawn	3			2			1
	Racquetball	2	1		1			
	Running	35	11	12	7	3	2	
	Skating, ice or roller	1	1					
	Snow skiing	3		2	1			
	Softball	3		2	1			
	Stair climbing	4	1	2	1			
	Swimming laps	9	2	2	1	1	2	1
	Tennis	3		1				2
	Walking	485	44	81	100	100	71	89
	Weight lifting	10	3	1	1	5		
Other	30	1	3	8	6	4	8	
Bicycling machine exercise	7		2	2	1	1	1	
Refused	3	1				2		
Denominator is: All survey respondents who said that they engaged in some form of physical activity during the last month								

Oregon Behavioral Risk Factor Surveillance System (BRFSS), 1998

Was there another physical activity or exercise that you participated in during the last month?
(Weighted Column Percents)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Yes		52.5	60.4	55.4	54.0	54.7	48.1	42.4
No		47.5	39.6	44.6	46.0	45.3	51.9	57.6
Male	Yes	51.9	74.4	59.5	49.9	49.5	45.0	34.5
	No	48.1	25.6	40.5	50.1	50.5	55.0	65.5
Female	Yes	53.2	46.9	50.6	58.2	60.2	50.9	48.6
	No	46.8	53.1	49.4	41.8	39.8	49.1	51.4

Denominator is: All survey respondents who said that they engaged in some form of physical activity during the last month

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Was there another physical activity or exercise that you participated in during the last month?
(Unweighted Frequencies)

		Total	Age Groups					
			18-24	25-34	35-44	45-54	55-64	65+
Total		1467	136	294	312	304	203	218
Yes		789	79	166	180	171	99	94
No		677	57	128	132	133	103	124
Refused		1					1	
Male	Total	617	53	141	117	138	88	80
	Yes	327	38	87	63	72	38	29
	No	290	15	54	54	66	50	51
Female	Total	850	83	153	195	166	115	138
	Yes	462	41	79	117	99	61	65
	No	387	42	74	78	67	53	73
	Refused	1					1	

Denominator is: All survey respondents who said that they engaged in some form of physical activity during the last month

Oregon Behavioral Risk Factor Surveillance System (BRFSS), 1998

What other type of physical activity gave you the next most exercise during the past month?
(Weighted Column Percents)

	Total	Age Groups					
		18-24	25-34	35-44	45-54	55-64	65+
Aerobics class	2.6	4.8	3.6	2.1	2.1	1.6	1.3
Backpacking	.1				.7		
Basketball	3.7	6.5	8.0	2.1	2.9	1.3	
Biking for fun	9.0	10.9	11.4	11.9	8.8	4.5	2.1
Boating/canoe,row,sail	.1						.7
Bowling	1.1			1.5	.6	6.5	
Calisthenics	1.6		2.2	.8	2.5	.5	3.4
Canoeing in competition	.2			.9			
Carpentry	.6					1.3	3.0
Dancing-aerobics/ballet	1.6	1.8	1.4	3.2	.4	.5	1.3
Fishing from river bank or boat	.4			.3	1.1		1.3
Gardening	12.2		7.2	10.4	21.0	17.2	18.7
Golf	4.8	9.0	3.4	1.3	4.8	6.3	7.5
Handball	.3					2.7	
Health club exercise	1.2	1.4	1.3	1.4		2.7	1.3
Hiking-cross-country	1.7	1.8	2.7	2.1	1.4	1.9	
Home exercise	3.6	4.4	2.7	3.0	6.2	2.7	2.1
Horseback riding	.7		.7	1.9	.6		
Jogging	1.4	5.1	1.6	.3	1.4	.7	
Mountain climbing	.2	.6		.5	.3		
Mowing lawn	.1						.7
Painting/papering house	.3				1.5		
Racquetball	1.0		2.2	2.3			
Running	4.6	14.3	6.9	3.9	1.0	1.3	
Rope skipping	.2				.9		
Scuba diving	.1	.6					
Skating, ice or roller	.4	.6	1.5				
Snow skiing	.3			.7	.3	1.1	
Soccer	1.4	3.4	2.4	1.4			.7
Softball	1.4	4.8		1.4	2.2		
Stair climbing	.5			.8	1.2		.7
Swimming laps	4.6	3.6	3.5	5.0	5.3	3.8	6.1
Tennis	1.0		1.1	.5	2.7	1.3	
Volleyball	.6	1.4		1.9			

Walking		17.2	9.4	16.1	16.3	15.2	23.3	26.7
Waterskiing		.1			.5			
Weight lifting		9.0	12.1	9.1	11.4	8.6	5.0	5.5
Other		8.5	3.4	9.8	8.3	5.1	12.4	14.2
Bike machine exercise		.9		1.1	1.4	.7	1.1	.7
Rowing machine exercise		.5			.5	.6		2.3
Male	Aerobics class	.3	2.0					
	Backpacking	.3				1.6		
	Basketball	6.7	6.9	13.9	3.9	6.3	3.0	
	Biking for fun	10.5	15.8	9.5	14.6	11.0	1.5	2.1
	Bowling	1.1			1.0		9.7	
	Calisthenics	.9		1.9		1.6		2.1
	Canoeing in competition	.4			1.9			
	Carpentry	1.1					3.0	8.3
	Dancing-aerobics/ballet	.8			2.9	.8		
	Fishing from river bank or boat	.4				2.3		
	Gardening	8.4		3.2	5.8	15.1	16.0	20.8
	Golf	6.2	13.8	2.5	1.0	7.8	10.5	6.2
	Handball	.6					6.0	
	Health club exercise	.7		1.3	1.9			
	Hiking-cross-country	1.8		3.2	1.6	2.3	3.0	
	Home exercise	2.1	2.0	1.3	2.9	3.7		2.1
	Horseback riding	.9		1.3	2.9			
	Jogging	2.7	8.4	2.8		2.3	1.5	
	Mountain climbing	.4	1.0		1.0			
	Racquetball	1.9		3.8	4.9			
	Running	5.7	10.8	9.5	4.9	1.6	3.0	
	Scuba diving	.2	1.0					
	Skating, ice or roller	.3	1.0	.6				
	Snow skiing	.2			1.0			
	Soccer	2.2	4.9	3.2	2.9			
	Softball	2.3	4.9		2.9	4.7		
	Swimming laps	3.8	3.0	5.0	1.9	7.0		4.2
	Tennis	1.4		1.9		3.9	3.0	
	Volleyball	.6			2.9			
	Walking	11.2	4.9	11.4	9.7	11.0	18.0	18.7
	Weight lifting	11.1	14.8	9.5	14.6	10.2	7.5	6.2
	Other	10.7	4.9	12.6	10.7	5.2	14.3	22.9
Bike machine exercise	1.2		1.9	1.9	1.6			
Rowing machine exercise	.6						6.2	
	Aerobics class	4.9	9.2	8.7	4.0	3.9	3.0	2.1

Female	Basketball	.7	5.8		.5			
	Biking for fun	7.5	3.5	14.0	9.5	7.0	6.9	2.1
	Boating/canoe,row,sail	.2						1.0
	Bowling	1.2			2.0	1.1	3.9	
	Calisthenics	2.3		2.7	1.5	3.3	1.0	4.1
	Dancing-aerobics/ballet	2.3	4.6	3.3	3.5		1.0	2.1
	Fishing from river bank or boat	.5			.5			2.1
	Gardening	15.9		12.7	14.5	26.0	18.2	17.4
	Golf	3.5	1.7	4.7	1.5	2.2	3.0	8.2
	Health club exercise	1.7	3.5	1.3	1.0		4.9	2.1
	Hiking-cross-country	1.7	4.6	2.0	2.5	.6	1.0	
	Home exercise	5.0	8.1	4.7	3.0	8.3	4.9	2.1
	Horseback riding	.5			1.0	1.1		
	Jogging	.2			.5	.6		
	Mountain climbing	.1				.6		
	Mowing lawn	.2						1.0
	Painting/papering house	.6				2.8		
	Running	3.5	19.7	3.3	3.0	.6		
	Rope skipping	.3				1.7		
	Skating, ice or roller	.4		2.7				
	Snow skiing	.5			.5	.6	2.0	
	Soccer	.5	1.2	1.3				1.0
	Softball	.5	4.6					
	Stair climbing	1.0			1.5	2.2		1.0
	Swimming laps	5.4	4.6	1.3	7.7	3.9	6.9	7.2
	Tennis	.6			1.0	1.7		
	Volleyball	.6	3.5		1.0			
	Walking	23.1	16.2	22.7	22.1	18.9	27.6	31.3
Waterskiing	.2			1.0				
Weight lifting	7.0	8.1	8.7	8.5	7.2	3.0	5.1	
Other	6.4	1.2	6.0	6.2	5.0	10.8	9.2	
Bike machine exercise	.6			1.0		2.0	1.0	
Rowing machine exercise	.5			1.0	1.1			

Denominator is: All survey respondents who said that they engaged in two or more forms of physical activity during the last month

Oregon Behavioral Risk Factor Surveillance System (BRFSS), 1998

What other type of physical activity gave you the next most exercise during the past month?
(Unweighted Frequencies)

	Total	Age Groups					
		18-24	25-34	35-44	45-54	55-64	65+
Total	789	79	166	180	171	99	94
Aerobics class	22	5	6	4	3	2	2
Backpacking	1				1		
Basketball	23	4	11	3	4	1	
Biking for fun	70	7	19	20	16	6	2
Boating/canoe,row,sail	1						1
Bowling	8			2	1	5	
Calisthenics	16		4	2	5	1	4
Canoeing in competition	1			1			
Carpentry	3					1	2
Dancing-aerobics/ballet	13	2	2	5	1	1	2
Fishing from river bank or boat	3			1	1		1
Gardening	106		14	21	36	19	16
Golf	36	5	7	3	9	6	6
Handball	1					1	
Health club exercise	11	1	4	2		2	2
Hiking-cross-country	17	2	5	5	3	2	
Home exercise	33	4	4	7	12	3	3
Horseback riding	4		1	2	1		
Jogging	12	5	2	1	3	1	
Mountain climbing	3	1		1	1		
Mowing lawn	1						1
Painting/papering house	2				2		
Racquetball	5		3	2			
Running	31	10	11	6	3	1	
Rope skipping	1				1		
Scuba diving	1	1					
Skating, ice or roller	4	1	3				
Snow skiing	4			2	1	1	
Soccer	9	3	4	1			1
Softball	8	3		2	3		
Stair climbing	5			2	2		1
Swimming laps	36	3	7	10	8	4	4
Tennis	8		2	1	4	1	

Volleyball		4	1		3			
Walking		139	10	25	32	24	23	25
Waterskiing		1			1			
Weight lifting		68	8	17	20	15	4	4
Other		64	3	13	14	9	12	13
Bike machine exercise		8		2	2	1	2	1
Rowing machine exercise		4			1	1		2
Refused		2			1			1
Male	Total	327	38	87	63	72	38	29
	Aerobics class	1	1					
	Backpacking	1				1		
	Basketball	21	3	11	2	4	1	
	Biking for fun	34	5	9	10	8	1	1
	Bowling	4			1		3	
	Calisthenics	4		2		1		1
	Canoeing in competition	1			1			
	Carpentry	3					1	2
	Dancing-aerobics/ballet	2			1	1		
	Fishing from river bank or boat	1				1		
	Gardening	28		3	4	9	7	5
	Golf	21	4	3	1	7	4	2
	Handball	1					1	
	Health club exercise	3		2	1			
	Hiking-cross-country	8		3	2	2	1	
	Home exercise	9	1	1	3	3		1
	Horseback riding	2		1	1			
	Jogging	10	5	2		2	1	
	Mountain climbing	2	1		1			
	Racquetball	5		3	2			
	Running	16	3	7	3	2	1	
	Scuba diving	1	1					
	Skating, ice or roller	2	1	1				
	Snow skiing	1			1			
	Soccer	6	2	3	1			
	Softball	7	2		2	3		
	Swimming laps	14	1	5	2	5		1
	Tennis	6		2		3	1	
	Volleyball	2			2			
	Walking	38	2	11	6	6	7	6
	Weight lifting	35	4	9	9	8	3	2
Other	32	2	7	6	5	6	6	

	Bike machine exercise	4		2	1	1		
	Rowing machine exercise	2						2
Female	Total	462	41	79	117	99	61	65
	Aerobics class	21	4	6	4	3	2	2
	Basketball	2	1		1			
	Biking for fun	36	2	10	10	8	5	1
	Boating/canoe,row,sail	1						1
	Bowling	4			1	1	2	
	Calisthenics	12		2	2	4	1	3
	Dancing-aerobics/ballet	11	2	2	4		1	2
	Fishing from river bank or boat	2			1			1
	Gardening	78		11	17	27	12	11
	Golf	15	1	4	2	2	2	4
	Health club exercise	8	1	2	1		2	2
	Hiking-cross-country	9	2	2	3	1	1	
	Home exercise	24	3	3	4	9	3	2
	Horseback riding	2			1	1		
	Jogging	2			1	1		
	Mountain climbing	1				1		
	Mowing lawn	1						1
	Painting/papering house	2				2		
	Running	15	7	4	3	1		
	Rope skipping	1				1		
	Skating, ice or roller	2		2				
	Snow skiing	3			1	1	1	
	Soccer	3	1	1				1
	Softball	1	1					
	Stair climbing	5			2	2		1
	Swimming laps	22	2	2	8	3	4	3
	Tennis	2			1	1		
	Volleyball	2	1		1			
	Walking	101	8	14	26	18	16	19
	Waterskiing	1			1			
	Weight lifting	33	4	8	11	7	1	2
Other	32	1	6	8	4	6	7	
	Bike machine exercise	4			1		2	1
	Rowing machine exercise	2			1	1		
	Refused	2			1			1

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