



Eidgenössische Technische Hochschule Zürich
Swiss Federal Institute of Technology Zurich

IBWS Institut für Bewegungswissenschaften und Sport
HIT J 32, Wolfgang-Pauli-Strasse 27, CH-8093 Zürich

Eva van het Reve

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Study. - Code:

Questionnaire

For each of the following questions, please circle **Yes** or **No**. Be sure to follow the instructions carefully.

Physical activity or exercise includes activities such as walking briskly, jogging, bicycling, swimming, or any other activity in which the exertion is at least as intense as these activities.

- 1. I am currently physically active.** yes no
2. I intend to become more physically active in the next 3 months. yes no

For activity to be regular, it must add up to a total of 30 minutes or more per day and be done at least five days per week. For example, you could take one 30-minute walk/strength exercises or take three 10-minute walks for a total of 30 minutes.

- 3. I currently engage in regular physical activity.** yes no
4. I have been regularly physically active for the past 3 months. yes no