

- 1 **Supplemental Digital Content.** The original scoring and recoding of the items included in
- 2 physical activity index (PAI) in 1980–989, range from 5 to 14 (37).

Items	Original Score	Code for PAI
How often do you engage in leisure-time physical activity at least half an hour per time?		
Not at all	1	1
Less than once a month	2	1
Once a month	3	1
2–3 times a month	4	1
Once a week	5	2
2–6 times a week	6	2
Every day	7	3
How much are you breath-taking and sweating when you engage in physical activity and sport?		
Not at all	1	1
Moderately	2	2
Lot of	3	3
How many times a week do you usually engage in the training sessions of sports club?		
Not at all	1	1
Occasionally	2	1
Less than once a month	3	1
Once a month or more	4	2
Once a week	5	2

Many hours and times a week	6	3
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Do you participate in regional or national level competitions?

No	1	1
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Yes	2	2
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What do you usually do in your leisure time?

I am usually indoors and read or do something like that	1	1
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I spend my time indoors and outdoors, outdoors I usually walk or spend time with my friends.	2	2
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I am usually outdoors and exercise rather much.	3	3
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