**Supplemental Digital Content 1.** The original scoring and recoding of the items included in the 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 |
|  |  |  |
| **Do you participate in regional or national level competitions?** |  |  |
| No | 1 | 1 |
| Yes | 2 | 2 |
|  |  |  |
| **What do you usually do in your leisure time?** |  |  |
| I am usually indoors and read or do something like that | 1 | 1 |
| I spend my time indoors and outdoors, outdoors I usually walk or spend time with my friends. | 2 | 2 |
| I am usually outdoors and exercise rather much. | 3 | 3 |