

SUPPLEMENTAL DIGITAL CONTENT 1: Lifelong Physical Activity Questionnaire
(translated from Dutch)

Age 12 – 19 years

Did you perform exercise in the age period 12 – 19 years?

- ☐ Yes (then fill in the table below)
☐ No (continue with the next question)

Type of Sport	Time period	How many weeks per years	How often per week (times per week)	How long (hours per session)	Intensity (light, moderate, high)*
<i>E.g.: Doubles tennis</i>	<i>2 years 6 months</i>	<i>40 weeks</i>	<i>2 times per week</i>	<i>1 hour per session</i>	<i>moderate intensity</i>

Light intensity: activities that cost little effort and are easy to perform.

Moderate intensity: activities that (slightly) increase breathing and heart rate.

High intensity: activities that greatly increase breathing and heart rate.

Which of the activities above did you perform competitively in the age period 12 – 19 years?

Did you travel by foot or by bike to school and/or work in the age period 12 – 19 years?

- ☐ Yes (then fill in the table below)
☐ No (continue with the next question)

Activity to school or work	Time period	How often per week (number of days per week)	How long per day (back and forth)	Intensity (light, moderate, high)*
<i>For example: Cycling</i>	<i>6 years</i>	<i>5 days per week</i>	<i>30 minutes per day</i>	<i>moderate intensity</i>

Light intensity: activities that cost little effort and are easy to perform.

Moderate intensity: activities that (slightly) increase breathing and heart rate.

High intensity: activities that greatly increase breathing and heart rate.

Age 20 – 29 years

Did you perform exercise in the age period 20 – 29 years?

- ☐ Yes (then fill in the table below)
- ☐ No (continue with the next question)

Type of Sport	Time period	How many weeks per years	How often per week (times per week)	How long (hours per session)	Intensity (light, moderate, high)*
<i>E.g.: Doubles tennis</i>	<i>2 years 6 months</i>	<i>40 weeks</i>	<i>2 times per week</i>	<i>1 hour per session</i>	<i>moderate intensity</i>

Light intensity: activities that cost little effort and are easy to perform.

Moderate intensity: activities that (slightly) increase breathing and heart rate.

High intensity: activities that greatly increase breathing and heart rate.

Which of the activities above did you perform competitively in the age period 20 – 29 years?

Did you travel by foot or by bike to school and/or work in the age period 20 – 29 years?

- ☐ Yes (then fill in the table below)
- ☐ No (continue with the next question)

Activity to school or work	Time period	How often per week (number of days per week)	How long per day (back and forth)	Intensity (light, moderate, high)*
<i>For example: Cycling</i>	<i>8 years</i>	<i>5 days per week</i>	<i>30 minutes per day</i>	<i>moderate intensity</i>

Light intensity: activities that cost little effort and are easy to perform.

Moderate intensity: activities that (slightly) increase breathing and heart rate.

High intensity: activities that greatly increase breathing and heart rate.

Age 30 – 39 years

Did you perform exercise in the age period 30 – 39 years?

- ☐ Yes (then fill in the table below)
- ☐ No (continue with the next question)
- ☐ Age category not yet reached (please proceed to the final page of the questionnaire)

Type of Sport	Time period	How many weeks per years	How often per week (times per week)	How long (hours per session)	Intensity (light, moderate, high)*
E.g.: Doubles tennis	2 years 6 months	40 weeks	2 times per week	1 hour per session	moderate intensity

Light intensity: activities that cost little effort and are easy to perform.

Moderate intensity: activities that (slightly) increase breathing and heart rate.

High intensity: activities that greatly increase breathing and heart rate.

Which of the activities above did you perform competitively in the age period 30 – 39 years?

Did you travel by foot or by bike to school and/or work in the age period 30 – 39 years?

- ☐ Yes (then fill in the table below)
- ☐ No (continue with the next question)

Activity to school or work	Time period	How often per week (number of days per week)	How long per day (back and forth)	Intensity (light, moderate, high)*
For example: Cycling	8 years	5 days per week	30 minutes per day	moderate intensity

Light intensity: activities that cost little effort and are easy to perform.

Moderate intensity: activities that (slightly) increase breathing and heart rate.

High intensity: activities that greatly increase breathing and heart rate.

Age 40 – 49 years

Did you perform exercise in the age period 40 – 49 years?

- ☐ Yes (then fill in the table below)
- ☐ No (continue with the next question)
- ☐ Age category not yet reached (please proceed to the final page of the questionnaire)

Type of Sport	Time period	How many weeks per years	How often per week (times per week)	How long (hours per session)	Intensity (light, moderate, high)*
<i>E.g.: Doubles tennis</i>	<i>2 years 6 months</i>	<i>40 weeks</i>	<i>2 times per week</i>	<i>1 hour per session</i>	<i>moderate intensity</i>

Light intensity: activities that cost little effort and are easy to perform.

Moderate intensity: activities that (slightly) increase breathing and heart rate.

High intensity: activities that greatly increase breathing and heart rate.

Which of the activities above did you perform competitively in the age period 40 – 49 years?

Did you travel by foot or by bike to school and/or work in the age period 40 – 49 years?

- ☐ Yes (then fill in the table below)
- ☐ No (continue with the next question)

Activity to school or work	Time period	How often per week (number of days per week)	How long per day (back and forth)	Intensity (light, moderate, high)*
<i>For example: Cycling</i>	<i>8 years</i>	<i>5 days per week</i>	<i>30 minutes per day</i>	<i>moderate intensity</i>

Light intensity: activities that cost little effort and are easy to perform.

Moderate intensity: activities that (slightly) increase breathing and heart rate.

High intensity: activities that greatly increase breathing and heart rate.

Age 50 – 59 years

Did you perform exercise in the age period 50 – 59 years?

- ☐ Yes (then fill in the table below)
- ☐ No (continue with the next question)
- ☐ Age category not yet reached (please proceed to the final page of the questionnaire)

Type of Sport	Time period	How many weeks per years	How often per week (times per week)	How long (hours per session)	Intensity (light, moderate, high)*
<i>E.g.: Doubles tennis</i>	<i>2 years 6 months</i>	<i>40 weeks</i>	<i>2 times per week</i>	<i>1 hour per session</i>	<i>moderate intensity</i>

Light intensity: activities that cost little effort and are easy to perform.

Moderate intensity: activities that (slightly) increase breathing and heart rate.

High intensity: activities that greatly increase breathing and heart rate.

Which of the activities above did you perform competitively in the age period 50 – 59 years?

Did you travel by foot or by bike to school and/or work in the age period 50 – 59 years?

- ☐ Yes (then fill in the table below)
- ☐ No (continue with the next question)

Activity to school or work	Time period	How often per week (number of days per week)	How long per day (back and forth)	Intensity (light, moderate, high)*
<i>For example: Cycling</i>	<i>8 years</i>	<i>5 days per week</i>	<i>30 minutes per day</i>	<i>moderate intensity</i>

Light intensity: activities that cost little effort and are easy to perform.

Moderate intensity: activities that (slightly) increase breathing and heart rate.

High intensity: activities that greatly increase breathing and heart rate.

Age 60 – 69 years

Did you perform exercise in the age period 60 – 69 years?

- ☐ Yes (then fill in the table below)
- ☐ No (continue with the next question)
- ☐ Age category not yet reached (please proceed to the final page of the questionnaire)

Type of Sport	Time period	How many weeks per years	How often per week (times per week)	How long (hours per session)	Intensity (light, moderate, high)*
<i>E.g.: Doubles tennis</i>	<i>2 years 6 months</i>	<i>40 weeks</i>	<i>2 times per week</i>	<i>1 hour per session</i>	<i>moderate intensity</i>

Light intensity: activities that cost little effort and are easy to perform.

Moderate intensity: activities that (slightly) increase breathing and heart rate.

High intensity: activities that greatly increase breathing and heart rate.

Which of the activities above did you perform competitively in the age period 60 – 69 years?

Did you travel by foot or by bike to school and/or work in the age period 60 – 69 years?

- ☐ Yes (then fill in the table below)
- ☐ No (continue with the next question)

Activity to school or work	Time period	How often per week (number of days per week)	How long per day (back and forth)	Intensity (light, moderate, high)*
<i>For example: Cycling</i>	<i>8 years</i>	<i>5 days per week</i>	<i>30 minutes per day</i>	<i>moderate intensity</i>

Light intensity: activities that cost little effort and are easy to perform.

Moderate intensity: activities that (slightly) increase breathing and heart rate.

High intensity: activities that greatly increase breathing and heart rate.

Age 70 – 79 years

Did you perform exercise in the age period 70 – 79 years?

- ☐ Yes (then fill in the table below)
- ☐ No (continue with the next question)
- ☐ Age category not yet reached (please proceed to the final page of the questionnaire)

Type of Sport	Time period	How many weeks per years	How often per week (times per week)	How long (hours per session)	Intensity (light, moderate, high)*
<i>E.g.: Doubles tennis</i>	<i>2 years 6 months</i>	<i>40 weeks</i>	<i>2 times per week</i>	<i>1 hour per session</i>	<i>moderate intensity</i>

Light intensity: activities that cost little effort and are easy to perform.

Moderate intensity: activities that (slightly) increase breathing and heart rate.

High intensity: activities that greatly increase breathing and heart rate.

Which of the activities above did you perform competitively in the age period 70 – 79 years?

Did you travel by foot or by bike to school and/or work in the age period 70 – 79 years?

- ☐ Yes (then fill in the table below)
- ☐ No (continue with the next question)

Activity to school or work	Time period	How often per week (number of days per week)	How long per day (back and forth)	Intensity (light, moderate, high)*
<i>For example: Cycling</i>	<i>4 years</i>	<i>5 days per week</i>	<i>30 minutes per day</i>	<i>moderate intensity</i>

Light intensity: activities that cost little effort and are easy to perform.

Moderate intensity: activities that (slightly) increase breathing and heart rate.

High intensity: activities that greatly increase breathing and heart rate.

Age 80 – 89 years

Did you perform exercise in the age period 80 – 89 years?

- ☐ Yes (then fill in the table below)
- ☐ No (continue with the next question)
- ☐ Age category not yet reached (please proceed to the final page of the questionnaire)

Type of Sport	Time period	How many weeks per years	How often per week (times per week)	How long (hours per session)	Intensity (light, moderate, high)*
<i>E.g.: Doubles tennis</i>	<i>2 years 6 months</i>	<i>40 weeks</i>	<i>2 times per week</i>	<i>1 hour per session</i>	<i>moderate intensity</i>

Light intensity: activities that cost little effort and are easy to perform.

Moderate intensity: activities that (slightly) increase breathing and heart rate.

High intensity: activities that greatly increase breathing and heart rate.

Which of the activities above did you perform competitively in the age period 80 – 89 years?

Did you travel by foot or by bike to school and/or work in the age period 80 – 89 years?

- ☐ Yes (then fill in the table below)
- ☐ No (continue with the next question)

Activity to school or work	Time period	How often per week (number of days per week)	How long per day (back and forth)	Intensity (light, moderate, high)*
<i>For example: Cycling</i>	<i>2 years</i>	<i>5 days per week</i>	<i>30 minutes per day</i>	<i>moderate intensity</i>

Light intensity: activities that cost little effort and are easy to perform.

Moderate intensity: activities that (slightly) increase breathing and heart rate.

High intensity: activities that greatly increase breathing and heart rate.

End of questionnaire

This is the end of the questionnaire.

If you have any additional information, you can place it in the box below: