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** How often per week Time period **How many How long Intensity** weeks per years (times per week) (hours per (light, moderate, high)\* E.g.: Doubles tennis 2 years 6 40 weeks 2 times per week 1 hour per moderate intensity months session 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	How long per day	Intensity
		(number of days per	(back and forth)	(light, moderate, high)*
		week)		
For example: Cycling	6 years	5 days per week	30 minutes per day	moderate intensity

### 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) How often per week **Type of Sport** Time period **How many How long Intensity** weeks per years (times per week) (hours per (light, moderate, high)\* E.g.: Doubles tennis moderate intensity 2 years 6 40 weeks 2 times per week 1 hour per months session 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	How long per day	Intensity
		(number of days per	(back and forth)	(light, moderate, high)*
		week)		
For example: Cycling	8 years	5 days per week	30 minutes per day	moderate intensity

# Age 30 - 39 years

Yes (the No (co	hen fill in the table entinue with the ne	ext question)	-	e of the questionnaire)	
Type of Sport	Time period	How many weeks per years	How often per (times per w		
E.g.: Doubles tennis	2 years 6 months	40 weeks	2 times per w	veek 1 hour per session	r moderate intensity
Moderate intel High intensity:	nsity: activities that activities that gre	ost little effort and ar at (slightly) increase eatly increase breatl e did you perforn	breathing and hea hing and heart rate		- 39 years?
☐ Yes (th	not or by bike to then fill in the table nntinue with the ne	below)	vork in the age p	period 30 – 39 years	?
Activity to school or	work Time p	(numb	ten per week er of days per week)	How long per day (back and forth)	Intensity (light, moderate, high)*
For example: Cycl	ling 8 ye	ars 5 day	ys per week	30 minutes per day	moderate intensity

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

(number of days per week)

For example: Cycling 8 years 5 days per week 30 minutes per day moderate intensity

# Age 50 - 59 years

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

	hen fill in the table ontinue with the ne	•			
☐ Age ca	ategory not yet rea	ached (please proce	ed to the final pag	e of the questionnaire)	
Type of Sport	Time period	How many	How often per	r week How long	Intensity
		weeks per years	(times per w	reek) (hours per	(light, moderate,
				session)	high)*
E.g.: Doubles tennis	2 years 6 months	40 weeks	2 times per v	veek 1 hour per session	moderate intensity
Moderate inte High intensity.	nsity: activities tha activities that gre	ost little effort and ar at (slightly) increase eatly increase breath a did you perform	breathing and hea ning and heart rate	art rate.	– 59 years?
Yes (to	I by foot or by I hen fill in the table ontinue with the ne	below)	d/or work in th	e age period 50 – 59	years?
Activity to school or	work Time		ten per week er of days per	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

## 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) Intensity How often per week **Type of Sport** Time period **How many How long** (light, moderate, weeks per years (times per week) (hours per high)\* E.g.: Doubles tennis 2 years 6 40 weeks moderate intensity 2 times per week 1 hour per months session 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	How long per day (back and forth)	Intensity (light, moderate, high)*
		week)		
For example: Cycling	8 years	5 days per week	30 minutes per day	moderate intensity

## 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) How often per week Intensity **Type of Sport** Time period **How many How long** (light, moderate, weeks per years (times per week) (hours per high)\* E.g.: Doubles tennis 2 years 6 40 weeks moderate intensity 2 times per week 1 hour per months session 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)*
For example: Cycling	4 years	5 days per week	30 minutes per day	moderate intensity

### 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) How often per week **Type of Sport** Time period **How many How long Intensity** (light, moderate, weeks per years (times per week) (hours per high)\* E.g.: Doubles tennis 2 years 6 40 weeks moderate intensity 2 times per week 1 hour per months session 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)*
For example: Cycling	2 years	5 days per week	30 minutes per day	moderate intensity

# **End of questionnaire**

This is the end of the questionnaire.			
If you have any additional information, you can place it in the box below:			