SAMPLE ITEMS FROM THE PHYSICAL ACTIVITY SCALE FOR THE ELDERLY

1. Over the past 7 days, how often did you participate in sitting activities such as reading, watching TV or doing handicrafts?

<table>
<thead>
<tr>
<th>[0.] NEVER</th>
<th>[1.] SELDOM</th>
<th>[2.] SOMETIMES</th>
<th>[3.] OFTEN</th>
</tr>
</thead>
<tbody>
<tr>
<td>↓ (1-2 DAYS)</td>
<td>↓ (3-4 DAYS)</td>
<td>↓ (5-7 DAYS)</td>
<td></td>
</tr>
</tbody>
</table>

GO TO Q. #2

1a. What were these activities?

_____________________________________________________

1b. On average, how many hours per day did you engage in these sitting activities?

[1.] LESS THAN 1 HOUR  [2.] 1 BUT LESS THAN 2 HOURS
[3.] 2-4 HOURS  [4.] MORE THAN 4 HOURS

6. Over the past 7 days, how often did you do any exercises specifically to increase muscle strength and endurance, such as lifting weights or pushups, etc.?

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GO TO Q. #7

6a. What were these activities?

_____________________________________________________

6b. On average, how many hours per day did you engage in exercises to increase muscle strength and endurance?

[1.] LESS THAN 1 HOUR  [2.] 1 BUT LESS THAN 2 HOURS
[3.] 2-4 HOURS  [4.] MORE THAN 4 HOURS