**S1 Table: Core 61 physical activity items**

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| Physical Activities |  |
| Aerobics class | Fishing  |
| Archery, non-hunting | Fitness class, aqua |
| Army type obstacle course exercise/boot camp training | Fitness class, resistance toning |
| Athletics | Football  |
| Badminton  | Frisbee |
| Basketball  | Gardening  |
| Bicycling, not stationary | Golf |
| Cleaning  | Gymnastics |
| Cooking and food preparation | Handball |
| Cricket  | Hockey, field and ice |
| Croquet  | Home repair |
| Curling, bowls, bowling and shuffleboard | Home video/DVD workout |
| CV Exercise Machine e.g. treadmill, crosstrainer | Horseback riding |
| Dancing  | Hunting  |
| Diving  | Man-powered boating |
| Exergaming e.g. Wii Sports | Martial arts/Combat sports  |
| Figure skating and ice dancing | Orienteering  |
| Pilates | Squash and racquetball  |
| Playing children’s games | Surfing |
| Polo, on horseback | Swimming, laps  |
| Resistance/strength Training | Synchronized swimming  |
| Rock or mountain climbing | Table tennis |
| Rope skipping | Tai Chi |
| Rugby  | Tennis  |
| Running, not on treadmill  | Trampolining  |
| Skateboarding  | Volleyball  |
| Skating, ice, roller and in-line | Walking, not on treadmill |
| Skiing  | Water polo |
| Skindiving and scubadiving  | Windsurfing/sailing  |
| Softball and rounders | Yoga  |
| Spin/RPM/Cycle class |  |