**S4 Table: Results of cluster analysis 3 (social demands of physical activity)**

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| Social demands  |
| Cluster 1 (alone) | Cluster 2 (alone or with others) | Cluster 3 (requires others) |
| Cleaning | Archery, non-hunting | Aerobics Class |
| CV Exercise Machine e.g. treadmill, crosstrainer | Army type obstacle course exercise/boot camp training | Badminton  |
| Home video/DVD workout | Athletics | Basketball  |
| Swimming, laps | Bicycling, not stationary | Cricket  |
|  | Cooking and food preparation | Croquet  |
|  | Dancing  | Curling, bowls, bowling and shuffleboard |
|  | Diving  | Fitness class, aqua |
|  | Exergaming e.g. Wii Sports | Fitness class, resistance toning |
|  | Figure skating and ice dancing | Football  |
|  | Fishing  | Handball |
|  | Gardening  | Hockey, field and ice |
|  | Golf | Martial arts/Combat sports |
|  | Gymnastics | Playing children’s games |
|  | Home repair | Polo, on horseback |
|  | Horseback riding | Rugby |
|  | Hunting  | Softball and rounders |
|  | Man-powered boating | Spin/RPM/Cycle class |
|  | Orienteering  | Squash and racquetball  |
|  | Pilates | Synchronized swimming  |
|  | Resistance/strength Training | Table tennis |
|  | Rope skipping | Tennis |
|  | Running, not on treadmill  | Volleyball |
|  | Skateboarding  | Water polo |
|  | Skating, ice, roller and in-line |  |
|  | Skiing  |  |
|  | Skindiving and scubadiving  |  |
|  | Surfing |  |
|  | Tai Chi |  |
|  | Trampolining |  |
|  | Walking, not on treadmill |  |
|  | Windsurfing/sailing  |  |
|  | Yoga |  |