


Physical Activity

Concept

Physical Activity

Items


- 750 - In an average week, on how many days do you go to physical education classes at school?
- 751 - During an average physical education class at school, how minutes do you spend actually exercising or playing sports?
- 752 - In the past seven days, how many times did you go to an exercise or fitness center to exercise or work out?
- 780 - Does your health limit you in any of these activities? If so, are you limited a little or a lot? vigorous activities, such as running, lifting heavy objects, participating in strenuous sports
- 781 - Does your health limit you in any of these activities? If so, are you limited a little or a lot? moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, playing golf
- 5549 - In the last 7 days, were you more or less active than usual?
- 6205 - How many times in a normal week do you work, play, or exercise hard enough to make you sweat and breathe heavily?

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