

LASA Physical Activity Questionnaire (LAPAQ)

1. Do you walk outside?

Explanation: with walking outside we mean walking to go shopping or doing other daily activities, like visiting someone. We do not mean: a walking tour.

1. no (go to question 5)
2. yes

2. Did you walk during the past two weeks?

1. no (go to question 5)
2. yes

3. How many times did you walk during the past two weeks?

..... times

4. How long did you usually walk each time?

..... hours
..... minutes

5. Do you cycle?

Explanation: with cycling we mean cycling to go shopping or doing other daily activities, like visiting someone. With cycling we do not mean: a cycling tour.

1. no (go to question 9)
2. yes

6. Did you cycle during the past two weeks?

1. no (go to question 9)
2. yes

7. How many times did you cycle the past two weeks?

..... times

8. How long did you usually cycle each time?

..... hours
..... minutes

9. Do you have a garden (including allotment)?

1. no (go to question 15)
2. yes

10. During how many months per year do you work regularly in your garden?

Explanation: by regularly we mean at least once a week.

..... months

11. Did you work in the garden during the past two weeks?

1. no (go to question 15)
2. yes

12. How many times did you work in the garden during the past two weeks?

..... times

13. How long did you usually work in your garden each time?

..... hours

..... minutes

14. Did you dig in the earth in your garden during the past two weeks?

1. no

2. yes

15. Do you do sports?

Explanation: with sports we mean the activities on the list (see question 16).

1. no (go to question 24)

2. yes

16. Which sport did you do most time during the past two weeks?

Sometimes it happens that a respondent does a sport, which is not on the list. This should be recorded:

1. Distance walking

2. Distance cycling

3. Gymnastics

4. Cycling on hometrainer

5. Swimming

6. Dancing

7. Bowling

8. Tennis, badminton

9. Running, fast walking

10. Rowing

11. Sailing

12. Playing billiards

13. Fishing

14. Playing soccer/basketball/hockey

15. Playing volleyball/baseball

16. Skiing

17. Else,

17. How many times did you do this sport during the past two weeks?

..... times

18. How long did you usually do this sport each time?

..... hours

..... minutes

19. Do you do another sport?

1. no (go to question 24)

2. yes

20. Which other sport did you do during the past two weeks?

1. Distance walking

2. Distance cycling

3. Gymnastics

4. Cycling on hometrainer

5. Swimming

6. Dancing

7. Bowling

8. Tennis, badminton

9. Running, fast walking

10. Rowing

11. Sailing

12. Playing billiards

13. Fishing

14. Playing soccer/basketball/hockey

15. Playing volleyball/baseball

16. Skiing

17. Else,

21. How many times did you do this sport during the past two weeks?

..... times

22. How long did you usually do this sport each time?

..... hours

..... minutes

23. How many times did you perspire while sporting during the past two weeks?

..... times

24. Do you do light household tasks?

Explanation: with light household tasks we mean washing the dishes, dusting, making the bed, doing the laundry, hanging out the laundry, ironing, tidying up, and cooking meals.

1. no (go to question 27)

2. yes

25. How many days did you do light household tasks during the past two weeks?

.....days

26. How long per day did you usually do light household tasks?

..... hours

..... minutes

27. Do you do heavy household tasks?

Explanation: with heavy household tasks we mean window cleaning, changing the bed, beating the mat, vacuuming, washing or scrubbing the floor, and chores with sawing, carpeting, repairing or painting.

1. no (go to question 30)

2. yes

28. How many days did you do heavy household tasks during the past two weeks?

.....days

29. How long per day did you usually do heavy household tasks?

..... hours

..... minutes

30. You just told me about your usual activities of the past two weeks.

Were the past two weeks normal as compared to the rest of the past year?

1. no

2. yes (end of questionnaire)

31. Why were the past two weeks not normal?

1. disease

2. depression

3. bad weather

4. family occasion

5. holiday

6. else,