

## Coding Manual for Physical Activity Curated Dataset for Omni 2 Cohort

Note:

1. This curated dataset contains physical activity information from Omni 2 cohort participants
2. There are 410 unique FHS participants within this dataset\*, with a total of 91 variables
3. Variables are generally grouped based on their origins (i.e., primary FHS dataset)
4. The format of the curated dataset is of wide format, with distinct variable names that allow users to tell the difference for repeated measurements of data of similar nature.
5. The corresponding Omni 2 core exams used in this dataset are as follow:

Omni 2 Exam Cycle	Suffix
1	_core1
2	_core2

6. For protocol descriptions and annotated forms of the primary datasets, refer to the respective documents of the individual source datasets.

\* Depending on the source of the datasets, consent restrictions may affect the overall N.

**framid****Variable name:** framid**Description:** Framingham ID assigned to each participant

Code or Value	Description	Count
720000 - 729999	OMNI 2 Framingham ID	410

**Note:** To preserve confidentiality, the exact range for the ID is not reflected in the coding manual.

**idtype****Variable name:** idtype**Description:** Framingham Heart Study cohort identifier

Code or Value	Description	Count
72	OMNI 2	410

**id****Variable name:** id**Description:** Framingham Heart Study participant identifier within a cohort

Code or Value	Description	Count
0 - 9999	ID	410

**Note:** To preserve confidentiality, the exact range for the ID is not reflected in the coding manual.

**sleep\_core1****Variable name:** sleep\_core1**Description:** Hours of sleep per day reported at Exam 1

Code or Value	Description	Count
3 - 13	Number of hours	409
.	Unknown/Missing	1

**sleep\_core2****Variable name:** sleep\_core2**Description:** Hours of sleep per day reported at Exam 2

Code or Value	Description	Count
4 - 10	Number of hours	321
.	Unknown/Missing	89

**seden\_core1****Variable name:** seden\_core1**Description:** Hours of sedentary activity per day reported at Exam 1

Code or Value	Description	Count
1 - 18	Number of hours	409
.	Unknown/Missing	1

**seden\_core2****Variable name:** seden\_core2**Description:** Hours of sedentary activity per day reported at Exam 2

Code or Value	Description	Count
1 - 16	Number of hours	320
.	Unknown/Missing	90

### slightact\_core1

**Variable name:** slightact\_core1

**Description:** Hours of slight activity per day reported at Exam 1

Code or Value	Description	Count
0 - 17	Number of hours	409
.	Unknown/Missing	1

### slightact\_core2

**Variable name:** slightact\_core2

**Description:** Hours of slight activity per day reported at Exam 2

Code or Value	Description	Count
1 - 18	Number of hours	320
.	Unknown/Missing	90

### modact\_core1

**Variable name:** modact\_core1

**Description:** Hours of moderate activity per day reported at Exam 1

Code or Value	Description	Count
0 - 16	Number of hours	409
.	Unknown/Missing	1

### modact\_core2

**Variable name:** modact\_core2

**Description:** Hours of moderate activity per day reported at Exam 2

Code or Value	Description	Count
0 - 10	Number of hours	320
.	Unknown/Missing	90

### heavyact\_core1

**Variable name:** heavyact\_core1

**Description:** Hours of heavy activity per day reported at Exam 1

Code or Value	Description	Count
0 - 10	Number of hours	409
.	Unknown/Missing	1

### heavyact\_core2

**Variable name:** heavyact\_core2

**Description:** Hours of heavy activity per day reported at Exam 2

Code or Value	Description	Count
0 - 8	Number of hours	319
.	Unknown/Missing	91

**pai\_core1****Variable name:** pai\_core1**Description:** Physical Activity Index (PAI) at Exam 1

The calculation of  $\text{pai\_core1} = 1 * \text{sleep\_core1} + 1.1 * \text{seden\_core1} + 1.5 * \text{slightact\_core1} + 2.4 * \text{modact\_core1} + 5 * \text{heavyact\_core1}$  (Tan et al., 2016)

- Sleeping (weighting factor [WF] = 1)
- Sedentary activity (WF = 1.1)
- Slight activity (WF = 1.5)
- Moderate activity (WF = 2.4)
- Heavy activities activity (WF = 5)

Code or Value	Description	Count
26.3 - 69.9	PAI value	409
.	Unknown/Missing	1

**pai\_core2****Variable name:** pai\_core2**Description:** Physical Activity Index (PAI) at Exam 2

The calculation of  $\text{pai\_core2} = 1 * \text{sleep\_core2} + 1.1 * \text{seden\_core2} + 1.5 * \text{slightact\_core2} + 2.4 * \text{modact\_core2} + 5 * \text{heavyact\_core2}$  (Tan et al., 2016)

- Sleeping (weighting factor [WF] = 1)
- Sedentary activity (WF = 1.1)
- Slight activity (WF = 1.5)
- Moderate activity (WF = 2.4)
- Heavy activities activity (WF = 5)

Code or Value	Description	Count
26.1 - 58.2	PAI value	319

Code or Value	Description	Count
.	Unknown/Missing	91

### modex18\_core2

**Variable name:** modex18\_core2

**Description** Moderate-to-vigorous exercise at least 3 times a week at 18 years of age reported at Exam 2

Code or Value	Description	Count
0	No	58
1	Yes	256
.	Unknown or younger than stated age	96

### modex35\_core2

**Variable name:** modex35\_core2

**Description:** Moderate-to-vigorous exercise at least 3 times a week at 35 years of age reported at Exam 2

Code or Value	Description	Count
0	No	80
1	Yes	182
.	Unknown or younger than stated age	148

### modex50\_core2

**Variable name:** modex50\_core2

**Description:** Moderate-to-vigorous exercise at least 3 times a week at 50 years of age reported at Exam 2

Code or Value	Description	Count
0	No	51
1	Yes	84
.	Unknown or younger than stated age	275

#### aerobic\_core1

**Variable name:** aerobic\_core1

**Description:** Average amount of time per week spent doing aerobic exercise (e.g., aerobic dance, ski or stair machine, etc.) during the past year reported at Exam 1

Code or Value	Description	Count
0	None	233
1	1 - 4 minutes	7
2	5 - 19 minutes	16
3	20 - 59 minutes	31
4	1 hour	30
5	1 - 1.5 hours	23
6	2 - 3 hours	32
7	4 - 6 hours	28
8	7 - 10 hours	2
9	11+ hours	3
.	Unknown	5



**bike\_core1****Variable name:** bike\_core1**Description:** Average amount of time per week spent bicycling (including stationary bike) during the past year reported at Exam 1

Code or Value	Description	Count
0	None	300
1	1 - 4 minutes	15
2	5 - 19 minutes	16
3	20 - 59 minutes	20
4	1 hour	15
5	1 - 1.5 hours	15
6	2 - 3 hours	15
7	4 - 6 hours	6
8	7 - 10 hours	3
9	11+ hours	3
.	Unknown	2

**jog\_core1****Variable name:** jog\_core1**Description:** Average amount of time per week spent jogging (slower than 10 minutes/mile) during the past year reported at Exam 1

Code or Value	Description	Count
0	None	300
1	1 - 4 minutes	16
2	5 - 19 minutes	20
3	20 - 59 minutes	23
4	1 hour	13
5	1 - 1.5 hours	8
6	2 - 3 hours	16
7	4 - 6 hours	6
8	7 - 10 hours	5
9	11+ hours	0
.	Unknown	3

**lowintense\_core1****Variable name:** lowintense\_core1**Description:** Average amount of time per week spent doing lower intensity exercise (e.g., yoga, stretching, toning) during the past year reported at Exam 1

Code or Value	Description	Count
0	None	209
1	1 - 4 minutes	16
2	5 - 19 minutes	30
3	20 - 59 minutes	51
4	1 hour	26
5	1 - 1.5 hours	35
6	2 - 3 hours	27
7	4 - 6 hours	9
8	7 - 10 hours	1
9	11+ hours	3
.	Unknown	3

**run\_core1****Variable name:** run\_core1**Description:** Average amount of time per week spent running ( $\leq 10$  minutes/mile) during the past year reported at Exam 1

Code or Value	Description	Count
0	None	315
1	1 - 4 minutes	14
2	5 - 19 minutes	11
3	20 - 59 minutes	23
4	1 hour	7
5	1 - 1.5 hours	14
6	2 - 3 hours	15
7	4 - 6 hours	6
8	7 - 10 hours	2
9	11+ hours	1
.	Unknown	2

## stairs\_core1

**Variable name:** stairs\_core1

**Description:** Flights of stairs climbed each day reported at Exam 1 (1 flight = 10 stairs)

Code or Value	Description	Count
0	No flights	25
1	1 - 2 flights	54
2	3 - 4 flights	88
3	5 - 9 flights	106
4	10 -14 flights	71
5	>15 flights	63
.	Unknown	3

**swim\_core1****Variable name:** swim\_core1**Description:** Average amount of time per week spent lap swimming during the past year reported at Exam 1

Code or Value	Description	Count
0	None	330
1	1 - 4 minutes	22
2	5 - 19 minutes	17
3	20 - 59 minutes	14
4	1 hour	6
5	1 - 1.5 hours	4
6	2 - 3 hours	10
7	4 - 6 hours	3
8	7 - 10 hours	0
9	11+ hours	1
.	Unknown	3

**tennis\_core1****Variable name:** tennis\_core1**Description:** : Average amount of time per week spent playing tennis, squash, or racquetball during the past year reported at Exam 1

Code or Value	Description	Count
0	None	348
1	1 - 4 minutes	7
2	5 - 19 minutes	7
3	20 - 59 minutes	12
4	1 hour	10
5	1 - 1.5 hours	6
6	2 - 3 hours	9
7	4 - 6 hours	6
8	7 - 10 hours	1
9	11+ hours	0
.	Unknown	4

**vigex\_core1****Variable name:** vigex\_core1**Description:** Average amount of time per week spent doing vigorous exercise (e.g., lawn mowing) during the past year reported at Exam 1

Code or Value	Description	Count
0	None	229
1	1 - 4 minutes	14
2	5 - 19 minutes	28
3	20 - 59 minutes	31
4	1 hour	27
5	1 - 1.5 hours	20
6	2 - 3 hours	41
7	4 - 6 hours	13
8	7 - 10 hours	2
9	11+ hours	3
.	Unknown	2



**walk\_core1****Variable name:** walk\_core1**Description:** Average amount of time per week spent walking for exercise or walking to work during the past year reported at Exam 1

Code or Value	Description	Count
0	None	67
1	1 - 4 minutes	11
2	5 - 19 minutes	31
3	20 - 59 minutes	58
4	1 hour	32
5	1 - 1.5 hours	47
6	2 - 3 hours	77
7	4 - 6 hours	52
8	7 - 10 hours	23
9	11+ hours	10
.	Unknown	2

**walkpace\_core1****Variable name:** walkpace\_core1**Description:** Normal walking pace outdoor reported at Exam 1

Code or Value	Description	Count
0	Unable to walk	0
1	Easy, casual, slow (e.g., less than 2 miles per hour)	70
2	Normal, average (e.g., 2 to 2.9 miles per hour)	198
3	Brisk pace (e.g., 3 to 3.9 miles per hour)	123
4	Very brisk pace (e.g., 4 to 4.9 miles per hour)	18
.	Unknown	1

**weights\_core1****Variable name:** weights\_core1**Description:** Average amount of time per week spent doing weight training, including free weights or machines, during the past year reported at Exam 1

Code or Value	Description	Count
0	None	243
1	1 - 4 minutes	13
2	5 - 19 minutes	22
3	20 - 59 minutes	37
4	1 hour	30
5	1 - 1.5 hours	19
6	2 - 3 hours	27
7	4 - 6 hours	11
8	7 - 10 hours	3
9	11+ hours	1
.	Unknown	4

**bike\_core2****Variable name:** bike\_core2**Description:** Biked faster than 10 miles/hour, or exercised hard on an exercise bicycle or other machine, in the past 12 months reported at Exam 2

Code or Value	Description	Count
0	No	172
1	Yes	149
.	Unknown	89

**bikemon\_core2****Variable name:** bikemon\_core2**Description:** Number of months spent biking faster than 10 miles/hour, or exercising hard on an exercise bicycle or other machine, in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 12	Number of months per year	321
.	Unknown	89

**bikefreq\_core2****Variable name:** bikefreq\_core2

**Description:** Number of times per month spent biking faster than 10 miles/hour or exercised hard on an exercise bicycle or other machine in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 30	Number of times per month	321
.	Unknown	89

#### biketime\_core2

**Variable name:** biketime\_core2

**Description:** Average amount of time spent biking faster than 10 miles/hour or exercised hard on an exercise bicycle or other machine on each time in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 14400	Number of seconds	321
.	Unknown	89

#### bowl\_core2

**Variable name:** bowl\_core2

**Description:** Bowled or played golf in the past 12 months reported at Exam 2

Code or Value	Description	Count
0	No	267
1	Yes	54
.	Unknown	89

#### bowlmon\_core2

**Variable name:** bowlmon\_core2

**Description:** Number of months spent bowling or playing golf in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 12	Number of months per year	321
.	Unknown	89

#### bowlfreq\_core2

**Variable name:** bowlfreq\_core2

**Description:** Number of times per month spent bowling or playing golf in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 30	Number of times per month	321
.	Unknown	89

#### bowltime\_core2

**Variable name:** bowltime\_core2

**Description:** Average amount of time spent bowling or playing golf on each time in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 21600	Number of seconds	321
.	Unknown	89

#### calisth\_core2

**Variable name:** calisth\_core2

**Description:** Did home exercise or calisthenics in the past 12 months reported at Exam 2

Code or Value	Description	Count
0	No	205
1	Yes	116
.	Unknown	89

### calisthmon\_core2

**Variable name:** calisthmon\_core2

**Description:** Number of months spent doing home exercise or calisthenics in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 12	Number of months per year	321
.	Unknown	89

### calisthfreq\_core2

**Variable name:** bowlfreq\_core2

**Description:** Number of times per month spent doing home exercise or calisthenics in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 30	Number of times per month	321
.	Unknown	89

### calisthtime\_core2

**Variable name:** calisthtime\_core2

**Description:** Average amount of time spent doing home exercise or calisthenics in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 5400	Number of seconds	321
.	Unknown	89

### homeact\_core2

**Variable name:** homeact\_core2

**Description:** Home activities, such as snow shoveling, moving heavy objects, or weight lifting (including weight training), in the past 12 months reported at Exam 2

Code or Value	Description	Count
0	No	113
1	Yes	207
.	Unknown	90

### homeactmon\_core2

**Variable name:** homeactmon\_core2

**Description:** Number of months spent doing home activities, such as snow shoveling, moving heavy objects, or weight lifting (including weight training), in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 12	Number of months per year	320
.	Unknown	90



**homeactfreq\_core2****Variable name:** homeactfreq\_core2**Description:** Number of times per month spent doing home activities, such as snow shoveling, moving heavy objects, or weight lifting (including weight training), in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 30	Number of times per month	318
.	Unknown	92

**homeacttime\_core2****Variable name:** homeacttime\_core2**Description:** Average amount of time spent doing home activities, such as snow shoveling, moving heavy objects, or weight lifting (including weight training), in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 18000	Number of seconds	319
.	Unknown	91

**homemaintain\_core2****Variable name:** homemaintain\_core2**Description:** Home maintenance or gardening, including carpentry, painting, raking, mowing, etc., in the past 12 months reported at Exam 2

Code or Value	Description	Count
0	No	138
1	Yes	183
.	Unknown	89

**homemaintainmon\_core2****Variable name:** homemaintainmon\_core2**Description:** Number of months spent doing home maintenance or gardening, including carpentry, painting, raking, mowing, etc. in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 12	Number of months per year	321
.	Unknown	89

**homemaintainfreq\_core2****Variable name:** homemaintainfreq\_core2**Description:** Number of times per month spent doing home maintenance or gardening, including carpentry, painting, raking, mowing, etc. in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 30	Number of times per month	321
.	Unknown	89

**homemaintaintime\_core2****Variable name:** homemaintaintime\_core2**Description:** Average amount of time spent doing home maintenance or gardening, including carpentry, painting, raking, mowing, etc. in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 21600	Number of seconds	320
.	Unknown	90

**jog\_core2****Variable name:** jog\_core2

**Description:** Jogging or running in the past 12 months reported at Exam 2

Code or Value	Description	Count
0	No	221
1	Yes	100
.	Unknown	89

### jogmon\_core2

**Variable name:** jogmon\_core2

**Description:** Number of months spent jogging or running in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 12	Number of months per year	321
.	Unknown	89

### jogfreq\_core2

**Variable name:** jogfreq\_core2

**Description:** Number of times per month spent jogging or running in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 24	Number of times per month	67
.	Unknown	36

### jogtime\_core2

**Variable name:** jogtime\_core2

**Description:** Average amount of time jogging or running in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 10800	Number of seconds	321
.	Unknown	89

#### nonstren\_core2

**Variable name:** nonstren\_core2

**Description:** Non-strenuous sports, such as softball, shooting baskets, volleyball, ping pong, or leisurely jogging, swimming or biking, in the past 12 months reported at Exam 2

Code or Value	Description	Count
0	No	211
1	Yes	110
.	Unknown	89

#### nonstrenmon\_core2

**Variable name:** nonstrenmon\_core2

**Description:** Number of months spent doing non-strenuous sports, such as softball, shooting baskets, volleyball, ping pong, or leisurely jogging, swimming or biking, in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 12	Number of months per year	321
.	Unknown	89

**nonstrenfreq\_core2****Variable name:** nonstrenfreq\_core2**Description:** Number of times per month spent doing non-strenuous sports, such as softball, shooting baskets, volleyball, ping pong, or leisurely jogging, swimming or biking, in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 30	Number of times per month	321
.	Unknown	89

**nonstrentime\_core2****Variable name:** nonstrentime\_core2**Description:** Average amount of time doing non-strenuous sports, such as softball, shooting baskets, volleyball, ping pong, or leisurely jogging, swimming or biking, in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 10800	Number of seconds	321
.	Unknown	89

**strensport\_core2****Variable name:** strensport\_core2**Description:** Did strenuous sports, such as basketball, football, skating, skiing, etc., in the past 12 months reported at Exam 2

Code or Value	Description	Count
0	No	248
1	Yes	72
.	Unknown	90

**strensportmon\_core2****Variable name:** strensportmon\_core2**Description:** Number of months spent doing strenuous sports, such as basketball, football, skating, skiing, etc., in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 12	Number of months per year	320
.	Unknown	90

**strensportfreq\_core2****Variable name:** strensportfreq\_core2**Description:** Number of times per month spent doing strenuous sports, such as basketball, football, skating, skiing, etc., in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 30	Number of times per month	320
.	Unknown	90

**strensporttime\_core2****Variable name:** strensporttime\_core2**Description:** Average amount of time doing other strenuous sports, such as basketball, football, skating, skiing, etc., in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 28800	Number of seconds	320
.	Unknown	90

**swim\_core2****Variable name:** swim\_core2

**Description:** Swam in the past 12 months reported at Exam 2

Code or Value	Description	Count
0	No	285
1	Yes	36
.	Unknown	89

#### swimmon\_core2

**Variable name:** swimmon\_core2

**Description:** Number of months spent swimming in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 12	Number of months per year	321
.	Unknown	89

#### swimfreq\_core2

**Variable name:** swimfreq\_core2

**Description:** Number of times per month spent swimming in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 30	Number of times per month	321
.	Unknown	89

#### swimtime\_core2

**Variable name:** swimtime\_core2

**Description:** Average amount of time swimming in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 5400	Number of seconds	321
.	Unknown	89

### **vigclass\_core2**

**Variable name:** vigclass\_core2

**Description:** Did a vigorous exercise class or vigorous dancing in the past 12 months reported at Exam 2

Code or Value	Description	Count
0	No	235
1	Yes	86
.	Unknown	89

### **vigclassmon\_core2**

**Variable name:** vigclassmon\_core2

**Description:** Number of months spent doing a vigorous exercise class or vigorous dancing in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 12	Number of months per year	321
.	Unknown	89

### **vigclassfreq\_core2**



**Variable name:** vigclassfreq\_core2

**Description:** Number of times per month spent doing a vigorous exercise class or vigorous dancing in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 26	Number of times per month	321
.	Unknown	89

#### vigclasstime\_core2

**Variable name:** vigclasstime\_core2

**Description:** Average amount of time doing a vigorous exercise class or vigorous dancing in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 14400	Number of seconds	321
.	Unknown	89

#### vigjob\_core2

**Variable name:** vigjob\_core2

**Description:** Vigorous job activities, such as lifting, carrying, or digging, in the past 12 months reported at Exam 2

Code or Value	Description	Count
0	No	261
1	Yes	60
.	Unknown	89

#### vigjobmon\_core2

**Variable name:** vigjobmon\_core2

**Description:** Number of months spent doing vigorous job activities, such as lifting, carrying, or digging, in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 12	Number of months per year	321
.	Unknown	89

#### vigjobfreq\_core2

**Variable name:** vigjobfreq\_core2

**Description:** Number of times per month spent doing vigorous job activities, such as lifting, carrying, or digging, in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 40	Number of times per month	320
.	Unknown	90

#### vigjobtime\_core2

**Variable name:** vigjobtime\_core2

**Description:** Average amount of time doing vigorous job activities, such as lifting, carrying, or digging, in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 28800	Number of seconds	320
.	Unknown	90

#### vigsport\_core2

**Variable name:** vigsport\_core2

**Description:** Vigorous racket sports in the past 12 months reported at Exam 2

Code or Value	Description	Count
0	No	290
1	Yes	31
.	Unknown	89

#### vigsportmon\_core2

**Variable name:** vigsportmon\_core2

**Description:** Number of months spent doing vigorous racket sports in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 12	Number of months per year	321
.	Unknown	89

#### vigsportfreq\_core2

**Variable name:** vigsportfreq\_core2

**Description:** Number of times per month spent doing vigorous racket sports in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 20	Number of times per month	321
.	Unknown	89

#### vigsporttime\_core2

**Variable name:** vigsporttime\_core2

**Description:** Average amount of time doing vigorous racket sports in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 10800	Number of seconds	321
.	Unknown	89

#### walkwork\_core2

**Variable name:** walkwork\_core2

**Description:** Took walks or hiked or walked to work in the past 12 months reported at Exam 2

Code or Value	Description	Count
0	No	102
1	Yes	219
.	Unknown	89

#### walkworkmon\_core2

**Variable name:** walkworkmon\_core2

**Description:** Number of months spent taking walks or hiking or walking to work in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 12	Number of months per year	321
.	Unknown	89

#### walkworkfreq\_core2

**Variable name:** walkworkfreq\_core2

**Description:** Number of times per month spent taking walks or hiking or walking to work in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 40	Number of times per month	321
.	Unknown	89

**workwalktime\_core2****Variable name:** workwalktime\_core2**Description:** Average amount of time doing taking walks or hiking or walking to work in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 21600	Number of seconds	321
.	Unknown	89

**weights\_core2****Variable name:** weights\_core2**Description:** Weight training, including free weights or machines, in the past 12 months reported at Exam 2

Code or Value	Description	Count
0	No	212
1	Yes	209
.	Unknown	89

**weightsmon\_core2****Variable name:** weightsmon\_core2**Description:** Number of months spent doing weight training, including free weights or machines, in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 12	Number of months per year	321
.	Unknown	89

**weightsfreq\_core2****Variable name:** weightsfreq\_core2**Description:** Number of times per month spent doing weight training, including free weights or machines, in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 30	Number of times per month	321
.	Unknown	89

**weightstime\_core2****Variable name:** weightstime\_core2**Description:** Average amount of time doing weight training, including free weights or machines, in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 7200	Number of seconds	321
.	Unknown	89

**compleisure\_core2****Variable name:** compleisure\_core2**Description:** Number of hours per day using a computer or playing computer games or playing video games in the past week reported at Exam 2

Code or Value	Description	Count
0	None or <1 hour	141
1	1 hour	87
2	2 hours	50
3	3 hours	22
4	4 hours	10
5	5 hours or more	11
.	Unknown	89

**sitleisure\_core2****Variable name:** sitleisure\_core2**Description:** Number of hours per day sitting and watching TV or videos in the past week reported at Exam 2

Code or Value	Description	Count
0	None or <1 hour	49
1	1 hour	69
2	2 hours	120
3	3 hours	38
4	4 hours	27
5	5 hours or more	18
.	Unknown	89



**sitatwork\_core2****Variable name:** sitatwork\_core2**Description:** Sitting at work reported at Exam 2

Code or Value	Description	Count
0	Never (e.g., 0 hours)	29
1	Seldom	21
2	Sometimes	47
3	Often	87
4	Always	77
.	Unknown or did not work	149

**standatwork\_core2****Variable name:** standatwork\_core2**Description:** Standing at work reported at Exam 2

Code or Value	Description	Count
0	Never (e.g., 0 hours)	6
1	Seldom	42
2	Sometimes	81
3	Often	82
4	Always	50
.	Unknown or did not work	149

**walkatwork\_core2****Variable name:** walkatwork\_core2**Description:** Walked at work reported at Exam 2

Code or Value	Description	Count
0	Never (e.g., 0 hours)	12
1	Seldom	36
2	Sometimes	87
3	Often	73
4	Always	53
.	Unknown or did not work	149