

Coding Manual for Physical Activity Curated Dataset for NOS Cohort

Note:

1. This curated dataset contains physical activity information from NOS cohort participants
2. There are 103 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 NOS core exams used in this dataset are as follow:

NOS 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
26536 - 29998	NOS Framingham ID	103

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

Code or Value	Description	Count
2	NOS	103

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

Code or Value	Description	Count
6536 - 9998	ID	103

sleep_core1**Variable name:** sleep_core1**Description:** Hours of sleep per day reported at Exam 1

Code or Value	Description	Count
5 - 14	Number of hours	103
.	Unknown/Missing	0

sleep_core2**Variable name:** sleep_core2**Description:** Hours of sleep per day reported at Exam 2

Code or Value	Description	Count
6 - 10	Number of hours	66
.	Unknown/Missing	37

seden_core1**Variable name:** seden_core1**Description:** Hours of sedentary activity per day reported at Exam 1

Code or Value	Description	Count
1 - 17	Number of hours	100
.	Unknown/Missing	3

seden_core2**Variable name:** seden_core2**Description:** Hours of sedentary activity per day reported at Exam 2

Code or Value	Description	Count
2 - 16	Number of hours	66
.	Unknown/Missing	37

slightact_core1**Variable name:** slightact_core1**Description:** Hours of slight activity per day reported at Exam 1

Code or Value	Description	Count
0 - 14	Number of hours	100
.	Unknown/Missing	3

slightact_core2**Variable name:** slightact_core2**Description:** Hours of slight activity per day reported at Exam 2

Code or Value	Description	Count
1 - 10	Number of hours	66
.	Unknown/Missing	37

modact_core1**Variable name:** modact_core1**Description:** Hours of moderate activity per day reported at Exam 1

Code or Value	Description	Count
0 - 12	Number of hours	100
.	Unknown/Missing	3

modact_core2**Variable name:** modact_core2**Description:** Hours of moderate activity per day reported at Exam 2

Code or Value	Description	Count
0 - 9	Number of hours	66
.	Unknown/Missing	37

heavyact_core1**Variable name:** heavyact_core1**Description:** Hours of heavy activity per day reported at Exam 1

Code or Value	Description	Count
0 - 5	Number of hours	101
.	Unknown/Missing	2

heavyact_core2**Variable name:** heavyact_core2**Description:** Hours of heavy activity per day reported at Exam 2

Code or Value	Description	Count
0 - 6	Number of hours	66
.	Unknown/Missing	37

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
25.4 - 52.1	PAI value	100
.	Unknown/Missing	3

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	66
.	Unknown/Missing	37

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	10
1	Yes	51
.	Unknown or younger than stated age	42

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	15
1	Yes	48
.	Unknown or younger than stated age	40

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	19
1	Yes	48
.	Unknown or younger than stated age	36

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	70
1	1 - 4 minutes	2
2	5 - 19 minutes	3
3	20 - 59 minutes	4
4	1 hour	4
5	1 - 1.5 hours	4
6	2 - 3 hours	5
7	4 - 6 hours	7
8	7 - 10 hours	2
9	11+ hours	1
.	Unknown	1

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	82
1	1 - 4 minutes	1
2	5 - 19 minutes	4
3	20 - 59 minutes	7
4	1 hour	1
5	1 - 1.5 hours	1
6	2 - 3 hours	5
7	4 - 6 hours	1
8	7 - 10 hours	0
9	11+ hours	0
.	Unknown	1

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	96
1	1 - 4 minutes	1
2	5 - 19 minutes	2
3	20 - 59 minutes	3
4	1 hour	1
5	1 - 1.5 hours	0
6	2 - 3 hours	0
7	4 - 6 hours	0
8	7 - 10 hours	0
9	11+ hours	0
.	Unknown	0

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	63
1	1 - 4 minutes	2
2	5 - 19 minutes	5
3	20 - 59 minutes	9
4	1 hour	10
5	1 - 1.5 hours	1
6	2 - 3 hours	10
7	4 - 6 hours	2
8	7 - 10 hours	1
9	11+ hours	0
.	Unknown	0

run_core1**Variable name:** run_core1**Description:** Average amount of time per week spent running (≤ 10 minutes/mile) during the past year reported at Exam 1

Code or Value	Description	Count
0	None	99
1	1 - 4 minutes	1
2	5 - 19 minutes	1
3	20 - 59 minutes	1
4	1 hour	1
5	1 - 1.5 hours	1
6	2 - 3 hours	1
7	4 - 6 hours	0
8	7 - 10 hours	0
9	11+ hours	0
.	Unknown	0

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	19
1	1 - 2 flights	11
2	3 - 4 flights	15
3	5 - 9 flights	24
4	10 -14 flights	24
5	>15 flights	10
.	Unknown	0

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	88
1	1 - 4 minutes	1
2	5 - 19 minutes	3
3	20 - 59 minutes	3
4	1 hour	1
5	1 - 1.5 hours	3
6	2 - 3 hours	4
7	4 - 6 hours	0
8	7 - 10 hours	0
9	11+ hours	0
.	Unknown	0

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	96
1	1 - 4 minutes	0
2	5 - 19 minutes	1
3	20 - 59 minutes	2
4	1 hour	0
5	1 - 1.5 hours	2
6	2 - 3 hours	2
7	4 - 6 hours	0
8	7 - 10 hours	0
9	11+ hours	0
.	Unknown	0

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	55
1	1 - 4 minutes	0
2	5 - 19 minutes	8
3	20 - 59 minutes	5
4	1 hour	6
5	1 - 1.5 hours	4
6	2 - 3 hours	15
7	4 - 6 hours	3
8	7 - 10 hours	4
9	11+ hours	2
.	Unknown	1

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	20
1	1 - 4 minutes	1
2	5 - 19 minutes	4
3	20 - 59 minutes	10
4	1 hour	8
5	1 - 1.5 hours	9
6	2 - 3 hours	19
7	4 - 6 hours	17
8	7 - 10 hours	10
9	11+ hours	4
.	Unknown	1

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)	17
2	Normal, average (e.g., 2 to 2.9 miles per hour)	42
3	Brisk pace (e.g., 3 to 3.9 miles per hour)	37
4	Very brisk pace (e.g., 4 to 4.9 miles per hour)	7
.	Unknown	0

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	78
1	1 - 4 minutes	0
2	5 - 19 minutes	4
3	20 - 59 minutes	3
4	1 hour	3
5	1 - 1.5 hours	5
6	2 - 3 hours	5
7	4 - 6 hours	4
8	7 - 10 hours	0
9	11+ hours	0
.	Unknown	1

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	46
1	Yes	21
.	Unknown	36

bikemon_core2**Variable name:** bikemon_core2**Description:** Number of months 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 - 12	Number of months per year	67
.	Unknown	36

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	67
.	Unknown	36

biketime_core2**Variable name:** biketime_core2**Description:** Average amount of time 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 - 7200	Number of seconds	67
.	Unknown	36

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	51
1	Yes	16
.	Unknown	36

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	67
.	Unknown	36

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 - 25	Number of times per month	67
.	Unknown	36

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 - 18000	Number of seconds	67
.	Unknown	36

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	35
1	Yes	32
.	Unknown	36

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	67
.	Unknown	36

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 - 60	Number of times per month	67
.	Unknown	36

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 - 3600	Number of seconds	67
.	Unknown	36

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	21
1	Yes	46
.	Unknown	36

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	66
.	Unknown	37

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 - 20	Number of times per month	67
.	Unknown	36

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 - 14400	Number of seconds	67
.	Unknown	36

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	26
1	Yes	41
.	Unknown	36

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	67
.	Unknown	36

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	67
.	Unknown	36

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 - 25200	Number of seconds	67
.	Unknown	36

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	59
1	Yes	8
.	Unknown	36

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	67
.	Unknown	36

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 - 3600	Number of seconds	67
.	Unknown	36

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	48
1	Yes	19
.	Unknown	36

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	67
.	Unknown	36

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 - 20	Number of times per month	67
.	Unknown	36

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	67
.	Unknown	36

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	63
1	Yes	4
.	Unknown	36

strensportmon_core2**Variable name:** strensportmon_core2**Description:** Number of months spent 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 - 12	Number of months per year	67
.	Unknown	36

strensportfreq_core2**Variable name:** strensportfreq_core2**Description:** Number of times per month spent 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 - 8	Number of times per month	67
.	Unknown	36

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 - 7200	Number of seconds	67
.	Unknown	36

swim_core2**Variable name:** swim_core2**Description:** Swam in the past 12 months reported at Exam 2

Code or Value	Description	Count
0	No	62
1	Yes	5
.	Unknown	36

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	67
.	Unknown	36

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 - 24	Number of times per month	67
.	Unknown	36

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 - 3600	Number of seconds	67
.	Unknown	36

vigclass_core2**Variable name:** vigclass_core2**Description:** Vigorous exercise class or vigorous dancing in the past 12 months reported at Exam 2

Code or Value	Description	Count
0	No	57
1	Yes	10
.	Unknown	36

vigclassmon_core2**Variable name:** vigclassmon_core2**Description:** Number of months spent doing 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	67
.	Unknown	36

vigclassfreq_core2**Variable name:** vigclassfreq_core2**Description:** Number of times per month spent doing vigorous exercise class or vigorous dancing in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 12	Number of times per month	67
.	Unknown	36

vigclasstime_core2**Variable name:** vigclasstime_core2**Description:** Average amount of time doing vigorous exercise class or vigorous dancing in the past 12 months reported at Exam 2

Code or Value	Description	Count
0 - 7200	Number of seconds	67
.	Unknown	36

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	56
1	Yes	11
.	Unknown	36

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	67
.	Unknown	36

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 - 20	Number of times per month	67
.	Unknown	36

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 - 7200	Number of seconds	67
.	Unknown	36

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	65
1	Yes	2
.	Unknown	36

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	67
.	Unknown	36

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 - 8	Number of times per month	67
.	Unknown	36

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 - 5400	Number of seconds	67
.	Unknown	36

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	16
1	Yes	51
.	Unknown	36

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	67
.	Unknown	36

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 - 45	Number of times per month	67
.	Unknown	36

walkworktime_core2**Variable name:** walkworktime_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 - 10800	Number of seconds	66
.	Unknown	37

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	51
1	Yes	16
.	Unknown	36

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	67
.	Unknown	36

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 - 20	Number of times per month	67
.	Unknown	36

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 - 5400	Number of seconds	67
.	Unknown	36

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	33
1	1 hour	16
2	2 hours	11
3	3 hours	5
4	4 hours	1
5	5 hours or more	1
.	Unknown	36

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	9
1	1 hour	5
2	2 hours	22
3	3 hours	15
4	4 hours	13
5	5 hours or more	3
.	Unknown	36

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)	2
1	Seldom	4
2	Sometimes	5
3	Often	12
4	Always	8
.	Unknown or did not work	72

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)	1
1	Seldom	1
2	Sometimes	19
3	Often	7
4	Always	3
.	Unknown or did not work	72

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)	2
1	Seldom	2
2	Sometimes	12
3	Often	11
4	Always	4
.	Unknown or did not work	72