

Brief description of the 18 different performed activities

lying: lying quietly while doing nothing, small movements – e.g. changing the lying posture – are allowed

sitting: sitting in a chair in whatever posture the subject feels comfortable, changing sitting postures is also allowed

standing: consists of standing still or standing still and talking, possibly gesticulating

ironing: ironing 1-2 shirts or T-shirts

vacuuming: vacuum cleaning one or two office rooms (which includes moving objects, e.g. chairs, placed on the floor)

ascending stairs: was performed in a building between the ground and the top floors, a distance of five floors had to be covered going upstairs

descending stairs: was performed in a building between the ground and the top floors, a distance of five floors had to be covered going downstairs

normal walking: walking outside with moderate to brisk pace with a speed of 4-6km/h, according to what was suitable for the subject

Nordic walking: was performed outside on asphaltic terrain, using asphalt pads on the walking poles (it has to be noted, that none of the subjects was very familiar with this sport activity)

cycling: was performed outside with a real bike with slow to moderate pace, as if the subject would bike to work or bike for pleasure (but not as a sport activity)

running: meant jogging outside with a suitable speed for the individual subjects

rope jumping: the subjects used the technique most suitable for them, which mainly consisted of the basic jump (where both feet jump at the same time over the rope) or the alternate foot jump (where alternate feet are used to jump off the ground)

watching TV: watching TV at home, in whatever posture – lying, sitting – the subject feels comfortable

computer work: working normally in the office

car driving: driving between office and subject's home

folding laundry: folding shirts, T-shirts and/or bed linnens

house cleaning: dusting some shelves, including removing books and other things and putting them back again onto the shelves

playing soccer: playing 1 vs. 1 or 2 vs. 1, running with the ball, dribbling, passing the ball and shooting the ball on goal