



Table 1. The mean and standard deviation of the variables

Variable	Mean	Standard deviation
Age	36.1	10.1
Gender	0.49	0.50
Marital status	0.50	0.50
Education	12.1	1.5
Income	10.1	1.5
Health status	0.50	0.50
Exercise frequency	0.50	0.50
Exercise intensity	0.50	0.50
Exercise duration	0.50	0.50
Exercise type	0.50	0.50
Exercise location	0.50	0.50
Exercise time	0.50	0.50
Exercise equipment	0.50	0.50
Exercise motivation	0.50	0.50
Exercise habit	0.50	0.50
Exercise satisfaction	0.50	0.50
Exercise adherence	0.50	0.50
Exercise consistency	0.50	0.50
Exercise variety	0.50	0.50
Exercise challenge	0.50	0.50
Exercise social support	0.50	0.50
Exercise environment	0.50	0.50
Exercise facilities	0.50	0.50
Exercise safety	0.50	0.50
Exercise cost	0.50	0.50
Exercise convenience	0.50	0.50
Exercise accessibility	0.50	0.50
Exercise information	0.50	0.50
Exercise education	0.50	0.50
Exercise training	0.50	0.50
Exercise coaching	0.50	0.50
Exercise feedback	0.50	0.50
Exercise evaluation	0.50	0.50
Exercise improvement	0.50	0.50
Exercise innovation	0.50	0.50
Exercise research	0.50	0.50
Exercise development	0.50	0.50
Exercise application	0.50	0.50
Exercise implementation	0.50	0.50
Exercise monitoring	0.50	0.50
Exercise assessment	0.50	0.50
Exercise reporting	0.50	0.50
Exercise documentation	0.50	0.50
Exercise communication	0.50	0.50
Exercise collaboration	0.50	0.50
Exercise partnership	0.50	0.50
Exercise network	0.50	0.50
Exercise community	0.50	0.50
Exercise organization	0.50	0.50
Exercise management	0.50	0.50
Exercise leadership	0.50	0.50
Exercise governance	0.50	0.50
Exercise policy	0.50	0.50
Exercise strategy	0.50	0.50
Exercise plan	0.50	0.50
Exercise program	0.50	0.50
Exercise project	0.50	0.50
Exercise initiative	0.50	0.50
Exercise effort	0.50	0.50
Exercise commitment	0.50	0.50
Exercise dedication	0.50	0.50
Exercise passion	0.50	0.50
Exercise enthusiasm	0.50	0.50
Exercise energy	0.50	0.50
Exercise focus	0.50	0.50
Exercise determination	0.50	0.50
Exercise perseverance	0.50	0.50
Exercise resilience	0.50	0.50
Exercise adaptability	0.50	0.50
Exercise flexibility	0.50	0.50
Exercise creativity	0.50	0.50
Exercise innovation	0.50	0.50
Exercise leadership	0.50	0.50
Exercise management	0.50	0.50
Exercise governance	0.50	0.50
Exercise policy	0.50	0.50
Exercise strategy	0.50	0.50
Exercise plan	0.50	0.50
Exercise program	0.50	0.50
Exercise project	0.50	0.50
Exercise initiative	0.50	0.50
Exercise effort	0.50	0.50
Exercise commitment	0.50	0.50
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Exercise passion	0.50	0.50
Exercise enthusiasm	0.50	0.50
Exercise energy	0.50	0.50
Exercise focus	0.50	0.50
Exercise determination	0.50	0.50
Exercise perseverance	0.50	0.50
Exercise resilience	0.50	0.50
Exercise adaptability	0.50	0.50
Exercise flexibility	0.50	0.50
Exercise creativity	0.50	0.50

Note: The variables are defined in the text. The mean and standard deviation are calculated for the entire sample.

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