

Country	Year	Age Group	Gender	Activity	Frequency	Intensity	Duration	Notes
USA	2018	18-24	Male	Running	3 times/week	High	30 min	Started in 2015, joined a running club in 2017.
USA	2018	25-34	Female	Swimming	2 times/week	Medium	45 min	Swimming since childhood, joined a competitive team in 2016.
USA	2018	35-44	Male	Cycling	4 times/week	Low	60 min	Started in 2010, joined a cycling club in 2018.
USA	2018	45-54	Female	Yoga	3 times/week	Low	60 min	Started in 2012, joined a yoga studio in 2017.
USA	2018	55-64	Male	Golfing	2 times/week	Low	90 min	Started in 2005, joined a golf club in 2015.
USA	2018	65+	Female	Walking	5 times/week	Low	30 min	Started in 2010, joined a walking group in 2016.
USA	2018	18-24	Male	Weightlifting	3 times/week	High	45 min	Started in 2016, joined a gym in 2017.
USA	2018	25-34	Female	Boxing	2 times/week	High	60 min	Started in 2017, joined a boxing gym in 2018.
USA	2018	35-44	Male	Rock Climbing	3 times/week	High	90 min	Started in 2014, joined a climbing gym in 2016.
USA	2018	45-54	Female	Table Tennis	2 times/week	Low	30 min	Started in 2010, joined a table tennis club in 2015.
USA	2018	55-64	Male	Badminton	3 times/week	Low	45 min	Started in 2012, joined a badminton club in 2017.
USA	2018	65+	Female	Chess	4 times/week	Low	30 min	Started in 2008, joined a chess club in 2013.
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