

Acknowledgments must be given to Nanna Kurtze, HUNT Research Centre, Department of Public Health and General Practice, Norwegian University of Science and Technology if this questionnaire is used or modified.

**Table 1** Questions about physical activity and occupational activity in HUNT 2 (1995-97)

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**PHYSICAL ACTIVITY**

**During leisure time**

**How has your leisure-time physical activity been the last year?**

*Think of a weekly average for the year.*

*The way to work is counted as leisure time.*

	<b>Hours per week</b>			
	<b>None</b>	<b>Under 1</b>	<b>1-2</b>	<b>3 and more</b>
Light activity (no sweating or being out of breath)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hard physical activity (sweating/out of breath)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**AT WORK**

*If you are in paid or unpaid work:*

**How would you describe your work?**

(Just one cross)

Mostly sedentary work (e.g. at a desk, on an assembly line)	<input type="checkbox"/>
Work which requires that you walk a lot (delivery work, light industrial work, teaching)	<input type="checkbox"/>
Work where you walk or lift a lot (e.g. postman, nurse building work)	<input type="checkbox"/>
Heavy physical work (e.g. forestry work, heavy agriculture work, heavy building work)	<input type="checkbox"/>

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