

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)

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.

	Hours per week			
	None	Under 1	1-2	3 and more
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"/>
