

Additional file

Questionnaire given to participants (converted to English)

Please check all daily (≥ 1 hr / week) activities and exercises you have done shortly (approximately within 1 month) before hospital admission.

- | | |
|--|--|
| <input type="checkbox"/> watching TV | <input type="checkbox"/> walking (moderate) |
| <input type="checkbox"/> listening to music | <input type="checkbox"/> cycling |
| <input type="checkbox"/> reading | <input type="checkbox"/> aquatic exercise |
| <input type="checkbox"/> desk work | <input type="checkbox"/> walking (intense) |
| <input type="checkbox"/> handcrafting | <input type="checkbox"/> playing golf (on foot) |
| <input type="checkbox"/> cooking | <input type="checkbox"/> mowing, removing snow |
| <input type="checkbox"/> washing clothes using a machine | <input type="checkbox"/> dancing |
| <input type="checkbox"/> pressing clothes | <input type="checkbox"/> playing baseball, soccer |
| <input type="checkbox"/> child care | <input type="checkbox"/> moving furniture |
| <input type="checkbox"/> walking with a carriage | <input type="checkbox"/> running, swimming, mountain-climbing |
| <input type="checkbox"/> yoga | <input type="checkbox"/> climbing stairs |
| <input type="checkbox"/> washing dishes | <input type="checkbox"/> farming, stockbreeding, fishing |
| <input type="checkbox"/> housecleaning (light) | <input type="checkbox"/> others (please list other activities and exercises here): |
| <input type="checkbox"/> driving a car or scooter | |
| <input type="checkbox"/> stretching | |
| <input type="checkbox"/> playing a musical instrument | |
| <input type="checkbox"/> walking (slowly) | |
| <input type="checkbox"/> bowling, playing volleyball | |
| <input type="checkbox"/> weight-training (light) | |
| <input type="checkbox"/> walking a dog | |
| <input type="checkbox"/> carpentry | |
| <input type="checkbox"/> housecleaning (moderate) | |
| <input type="checkbox"/> packing | |
| <input type="checkbox"/> exercising at home | |
| <input type="checkbox"/> playing golf (using a cart) | |