

INSTRUCTIONS: Before completing the questionnaire, please read the following information on the number of steps adults take each day.

1. Both men and women can accumulate steps throughout the day in a number of ways:

- doing chores or working around the house
- running errands or going to the shops
- walking from place to place
- doing exercise or playing sports
- doing things such as going up the stairs, walking to the car, walking from one room to another, and so on.

2. We might not know it, but large contributions to daily steps come from:

- having an active job (4000 to 9000 steps at work)
- having an inactive or office job (1000 to 4000 steps at work)
- a session of moderate-intensity walking or exercise (3000-4000 steps in 30 minutes of walking, which is more than 100 steps per minute)

3. Studies have shown that:

- for healthy adults, jobs and the activities of daily living typically result in about 6000-7000 steps/day.
- adults who do 30 minutes of walking or other exercise may attain an additional 3000-4000 steps/day.
- most healthy adults accumulate between 3000 and 9000 steps per day.

4. We can use the following categories to describe activity levels by steps:



<p>Less than 5000 steps/day = <u>sedentary lifestyle:</u></p> <p>typically minimal activities of daily living and inactive work, likely no sports/exercise</p>	<p>5000-7499 steps/day = <u>low active:</u></p> <p>typically some physical activity from activities of daily living on a work day, excluding sports/exercise</p>	<p>7500-9999 steps/day = <u>somewhat active:</u></p> <p>likely to have additional activity beyond activities of daily living from sports/exercise or active job</p>	<p>10,000-12,499 steps/day = <u>active:</u></p> <p>likely to have substantial additional physical activity beyond activities of daily living from sports/exercise or active job</p>	<p>12,500+ steps/day = <u>highly active:</u></p> <p>likely to have very substantial additional physical activity beyond activities of daily living from sports/exercise or very active job</p>
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Stage of step taking

INSTRUCTIONS: Please tick **only one box** below to indicate which the statements best applies to you:

Currently, **I take enough steps** (10,000 steps per day) to receive health benefits.

AND

I have been physically active at this level **for more than SIX months**.

Currently, **I take enough steps** (10,000 steps per day) to receive health benefits.

BUT

I have only been physically active at this level **for the past six months or less**.

Currently, **I do NOT take enough steps** (10,000 steps per day) to receive health benefits.

BUT

I do intend to be physically active at a level of taking 10,000 steps or more on most days, if not all days of the week **within the next ONE month**.

Currently, **I do NOT take enough steps** (10,000 steps per day) to receive health benefits.

BUT

I do intend to be physically active at a level of taking 10,000 steps or more on most days, if not all days of the week **within the next SIX months**.

Currently, **I do NOT take enough steps** (10,000 steps per day) to receive health benefits.

AND

I do NOT intend to be physically active at a level of taking 10,000 steps or more on most days, if not all days of the week **within the next six months**.