

**Table 5.6: Participation in Exercise Activities in the Past Two Weeks (Percent)<sup>1,2,3</sup>**

Exercise Frequency and Time <sup>4</sup>	Total (N=1002)	Age Group			Disability Level		
		65-74 (N=388)	75-84 (N=311)	85+ (N=303)	Moderate <sup>5</sup> (N=343)	ADL Difficulty	
						Receives No Help (N=478)	Receives Help (N=181)
Walked for exercise <sup>6</sup>	33.2	34.6	31.7	32.7	36.2	34.0	24.3
Times per week <sup>7</sup>							
1-2	13.3	13.9	12.9	12.8	15.5	13.4	8.5
3-4	5.8	5.9	6.2	4.8	6.2	6.0	4.8
Over 4	13.8	14.7	12.5	14.8	14.4	14.4	10.8
Hours per week <sup>8</sup>							
Less than 1	12.3	11.5	11.8	16.3	10.4	14.2	11.3
1 to less than 2	9.6	10.7	9.6	6.1	12.2	8.8	6.1
2 or more	10.9	12.2	10.1	9.1	13.4	10.6	6.8
Done moderately strenuous house- hold chores <sup>8,9</sup>	39.2	47.8	36.5	21.5	47.0	45.0	7.3
Times per week <sup>7</sup>							
1	21.9	24.4	21.3	16.5	24.5	26.4	4.4
2 or more	17.2	23.4	15.0	5.0	22.5	18.5	2.9
Hours per week <sup>8</sup>							
Less than 1	17.6	18.9	17.7	13.3	18.7	21.9	3.1
1 to less than 2	7.3	9.6	6.4	3.4	10.5	6.9	1.8
2 or more	14.1	19.0	12.2	4.8	17.5	15.8	2.3
Done moderately strenuous out-door chores <sup>8,10</sup>	12.0	14.8	10.8	6.9	12.6	15.8	0.0
Times per week <sup>7</sup>							
1	6.0	8.8	4.2	2.6	6.9	7.4	0.0
2 or more	5.9	5.8	6.6	4.3	5.7	8.2	0.0
Hours per week <sup>8</sup>							
Less than 1	4.2	5.2	3.6	2.7	6.6	3.9	0.0
1 to less than 2	2.7	4.1	2.0	0.2	2.6	3.7	0.0
2 or more	5.0	5.2	5.2	4.0	3.4	8.0	0.0
Danced <sup>6</sup>	5.5	6.9	4.9	3.4	6.2	5.6	4.1
Times per week <sup>7</sup>							
1	4.4	5.1	4.0	3.1	5.1	4.0	4.1
2 or more	1.0	1.4	0.8	0.3	1.1	1.2	0.0
Hours per week <sup>8</sup>							
Less than 1	4.4	5.7	3.8	2.2	5.3	4.1	3.5
1 or more	1.0	0.8	1.0	1.2	0.9	1.1	0.6
Participated in any regular exercise program <sup>6,11</sup>	14.2	15.2	14.6	10.4	14.3	16.6	7.3
Times per week <sup>7</sup>							
1-2	3.7	4.6	3.5	1.8	3.3	4.8	1.3
3-4	2.1	2.8	1.6	1.3	2.0	2.5	1.3
Over 4	8.4	7.8	9.5	7.3	9.0	9.3	4.6
Hours per week <sup>8</sup>							
Less than 1	4.1	4.3	3.8	3.9	3.4	5.3	2.0
1 to less than 2	4.9	4.9	5.3	3.9	5.1	5.5	2.8
2 or more	5.2	6.0	5.4	2.6	5.8	5.8	2.5
Any exercise activity <sup>12</sup>	62.0	67.0	60.7	50.7	69.0	67.5	32.0
Hours per week							
Less than 1	16.3	12.2	18.8	21.7	13.8	19.4	13.0
1 to less than 2	13.2	15.2	12.9	7.9	18.8	12.2	4.2
2 to less than 3	7.1	7.2	7.6	5.8	6.6	7.7	6.7
3 or more	24.7	31.9	21.1	13.8	29.4	27.3	7.9

(Women's Health and Aging Study, baseline interview, 1992-1995)

<sup>1</sup> All variables have less than 1% missing data. Results are based on non-missing data.

<sup>2</sup> Descriptive statistics are based on weighted data.

<sup>3</sup> Participants who reported being unable to walk across a small room without help from another person or special equipment were presumed to be non-participants in exercise activities.

<sup>4</sup> Rates for times per week and hours per week may not add up to rate for report of doing exercises because of (1) rounding and (2) amount of exercise not reported.

<sup>5</sup> No ADL difficulty; disabled in two or more domains (see Chapter 1).

<sup>6</sup> The question is in the form "During the past two weeks have you . . . ?"

<sup>7</sup> Response to "How often have you [physical activity] in the past two weeks?" divided by 2.

<sup>8</sup> Derived from responses to: (1) How often have you [physical activity] in the past two weeks? (2) What is the average amount of time that you spent per session?

<sup>9</sup> . . . like scrubbing and vacuuming?"

<sup>10</sup> . . . like mowing or raking the lawn, shoveling snow, or working in the garden?"

<sup>11</sup> . . . such as stretching or strengthening exercises, swimming or any other regular exercise program?"

<sup>12</sup> Includes activities listed in the table, as well as bowling.