

Appendix 2. Descriptive statistics and PA behavior of each diagnosis groups separately.**Brain disease:****Appendix 1.1** Descriptive statistics of participants with a brain disease

	Population at T0	Population at T1	Population at T2	Population at T3
N	341	299	256	236
Age (years)	52.7 ± 12.3	53 ± 12.2	53.3 ± 11.8	53.5 ± 11.9
Sex (% male)	56.6	57.9	56.6	58.9
BMI (kg/m ²)	27 ± 10.7	27.1 ± 11.3	27 ± 11.9	27 ± 12
Smoking				
% Yes	12.6	12	10.2	11
% No	73.6	77.3	78.9	78
Alcohol use				
% No	51	54.2	52.3	53.8
% Light	12.9	13.4	14.5	14
% Moderate	20.5	19.7	20.7	19.5
% Excessive	1.5	1.7	1.2	1.3
Marital status				
% Single	23.8	25.1	25.1	25.1
% Married/living with partner	65.1	66.2	66.2	66.2
Education level				
% Low	65.1	66.2	66	66.9
% High	23.5	24.7	24.2	24.6
Work status				
% School	1.5	1.3	0.8	1.3
% Employed	36.1	37.5	35.9	37.7
% Unemployed	9.7	10.4	9	9.7
% Retired	17.3	18.7	18	18.6
% unable to work	15.8	15.7	17.2	15.7
% Other	7.3	7.4	9	8.1
Rehabilitation context				
% Rehabilitation center	76.2	75.6	78.1	78.8
% Hospital	23.8	24.4	21.9	21.2
Rehabilitation form				
% Inpatient	3.8	3.7	3.5	2.5
% Outpatient	89.7	90	88.7	90.3
% Consultancy	6.5	6.4	7.8	7.2
Number of counseling moments				
% 0	11.4	10.7	10.9	9.3
% 1-3	52.5	53.5	52.3	52.1
% 4 or more	36.1	35.8	36.7	38.6

Data presented as mean ± SD or %

Note: For some participants information was missing, leading to not all percentages adding up to a 100%.

Appendix 1.2 Physical activity behavior of people with a brain disease per measurement occasion

	T0	T1	T2	T3
Total PA				
N	341	299	256	236
Total (min/week)	1410 (760 - 2400)	1620 (930 - 2685)	1568 (952 - 2604)	1680 (960 - 2604)
Light (min/week)	790 (240 - 1440)	840 (308 - 1650)	750 (243 - 1642)	780 (240 - 1538)
Moderate (min/week)	160 (0 - 540)	180 (30 - 615)	195 (1 - 788)	230 (3 - 750)
Vigorous (min/week)	120 (0 - 300)	150 (40 - 360)	140 (0 - 312)	120 (29 - 360)

Leisure time

N	341	295	256	232
Total (min/week)	450 (240 - 805)	520 (288 - 878)	510 (240 - 840)	480 (296 - 908)
% 0 min/week	3.2	3.4	4.7	3
Light (min/week)	30 (0 - 250)	30 (0 - 270)	0 (0 - 246)	0 (0 - 240)
% 0 min/week	49.9	49.2	51.2	51.3
Moderate (min/week)	120 (0 - 300)	120 (0 - 360)	120 (0 - 338)	120 (0 - 360)
% 0 min/week	33.1	28.1	31.2	32.3
Vigorous (min/week)	120 (0 - 270)	120 (42 - 300)	120 (0 - 289)	120 (30 - 300)
% 0 min/week	27	21	29.7	23.3
Frequency of leisure time activities (mean \pm sd days per week)				
<i>Walking</i>	3.6 \pm 2.7	3.3 \pm 2.5	3.3 \pm 2.5	3.2 \pm 2.6
<i>Bycycling</i>	1.8 \pm 2.2	1.9 \pm 2.3	1.7 \pm 2.2	1.9 \pm 2.2
<i>wheelchair riding</i>	0.2 \pm 1.2	0.3 \pm 1.2	0.2 \pm 1	0.2 \pm 1
<i>Handbiking</i>	0 \pm 0	0 \pm 0.2	0 \pm 0.5	0 \pm 0.3
<i>Gardening</i>	0.6 \pm 1.1	0.6 \pm 1.2	0.5 \pm 1.1	0.6 \pm 1.1
<i>Odd jobs</i>	0.7 \pm 1.4	0.6 \pm 1.2	0.6 \pm 1.2	0.5 \pm 0.9
<i>Fitness</i>	0.6 \pm 0.9	0.7 \pm 1.2	0.6 \pm 1.1	0.5 \pm 1.1
<i>Swimming</i>	0.3 \pm 0.7	0.3 \pm 0.7	0.1 \pm 0.5	0.1 \pm 0.4

Household

N	333	293	253	236
Total (min/week)	480 (140 - 855)	420 (150 - 960)	525 (180 - 870)	472 (148 - 878)
% 0 min/week	17.1	11.3	13	13.1
Light (min/week)	450 (120 - 840)	420 (150 - 900)	450 (180 - 840)	420 (135 - 840)
% 0 min/week	17.4	12.3	14.2	14.8
Moderate (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	87.7	80.2	81	80.9
Vigorous (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	100	100	100	100

Work

N	321	296	247	231
Total (min/week)	0 (0 - 480)	0 (0 - 900)	0 (0 - 1020)	0 (0 - 960)
% 0 min/week	62.9	51.4	51	55
Light	0 (0 - 0)	0 (0 - 300)	0 (0 - 120)	0 (0 - 0)
% 0 min/week	76.9	68.9	73.3	76.2
Moderate (min/week)	0 (0 - 0)	0 (0 - 60)	0 (0 - 120)	0 (0 - 90)
% 0 min/week	80.4	73	70.4	71.4
Vigorous (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	100	100	100	100

Commuting

N	340	296	253	231
Total (min/week)	0 (0 - 36)	0 (0 - 30)	0 (0 - 50)	0 (0 - 60)
% 0 min/week	70.3	71.6	66.8	68.4
Light (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	90.9	88.9	88.5	90.9
Moderate (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	94.4	94.3	93.3	93.5
Vigorous (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	80.6	80.7	79.1	80.5

Data presented as median (interquartile range), mean \pm SD or %

Musculoskeletal disease**Appendix 1.3 Descriptive statistics of participants with a musculoskeletal disorder**

	Population at T0	Population at T1	Population at T2	Population at T3
N	234	201	170	149
Age (years)	47 ± 14.9	47.5 ± 15	47.6 ± 14.8	46.4 ± 14.5
Sex (% male)	35.9	36.3	37.1	35.6
BMI (kg/m ²)	27.5 ± 6.1	27.2 ± 5.8	27.7 ± 6.4	27.7 ± 6.2
Smoking				
% Yes	20.5	21.9	20.6	22.1
% No	66.7	66.7	71.2	68.5
Alcohol use				
% No	52.6	52.7	56.5	57
% Light	10.7	10.4	11.2	11.4
% Moderate	22.6	24.4	22.9	21.5
% Excessive	1.3	1	1.2	0.7
Marital status				
% Single	26.5	25.9	25.9	25.9
% Married/living with partner	61.5	63.7	63.7	63.7
Education level				
% Low	64.1	64.7	66.5	69.1
% High	24.4	25.4	26.5	22.1
Work status				
% School	2.6	3	1.8	2
% Employed	31.2	32.3	31.2	33.6
% Unemployed	12.8	13.9	12.9	15.4
% Retired	12	13.4	12.4	12.1
% unable to work	19.7	18.4	21.8	18.1
% Other	10.7	9.5	12.4	10.7
Rehabilitation context				
% Rehabilitation center	65.4	65.2	67.6	63.8
% Hospital	34.6	34.8	32.4	36.2
Rehabilitation form				
% Inpatient	1.3	1.5	0.6	1.3
% Outpatient	87.2	89.1	88.2	88.6
% Consultancy	11.5	9.5	11.2	10.1
Number of counseling moments				
% 0	13.7	13.4	12.4	12.8
% 1-3	62	60.2	62.9	62.4
% 4 or more	24.4	26.4	24.7	24.8

Data presented as mean ± SD or %

Note: For some participants information was missing, leading to not all percentages adding up to a 100%.

Appendix 1.4 Physical activity behavior of participants with a musculoskeletal disorder

	T0	T1	T2	T3
Total PA				
N	234	201	170	149
Total (min/week)	1728 (1042 - 2918)	2055 (1200 - 3070)	1935 (1011 - 3270)	1898 (1085 - 3270)
Light (min/week)	1140 (450 - 2124)	1260 (600 - 2370)	1145 (600 - 2248)	1050 (555 - 2290)
Moderate (min/week)	120 (0 - 472)	150 (15 - 510)	128 (0 - 600)	120 (0 - 540)
Vigorous (min/week)	120 (0 - 268)	120 (0 - 310)	120 (0 - 300)	120 (0 - 300)

Leisure time				
N	233	199	168	145
Total (min/week)	420 (243 - 770)	450 (252 - 765)	420 (204 - 750)	375 (185 - 660)
% 0 min/week	4.3	2	5.4	5.5
Light (min/week)	120 (0 - 360)	90 (0 - 352)	90 (0 - 278)	60 (0 - 271)
% 0 min/week	38.2	35.2	39.9	40
Moderate (min/week)	60 (0 - 195)	90 (0 - 220)	60 (0 - 214)	30 (0 - 180)
% 0 min/week	42.5	32.2	42.9	48.3
Vigorous (min/week)	100 (0 - 240)	120 (0 - 285)	110 (0 - 241)	105 (0 - 240)
% 0 min/week	27.9	28.1	29.2	36.6
Frequency of leisure time activities (mean \pm sd days per week)				
Walking	3.6 \pm 2.6	3.6 \pm 2.4	3.4 \pm 2.6	3.2 \pm 2.6
Bycycling	2.1 \pm 2.3	1.8 \pm 2.2	1.7 \pm 2.2	1.4 \pm 1.9
wheelchair riding	0.3 \pm 1.5	0.3 \pm 1.3	0.2 \pm 1.2	0.2 \pm 1.1
Handbiking	0.1 \pm 0.5	0.1 \pm 0.6	0.1 \pm 0.5	0 \pm 0.3
Gardening	0.5 \pm 1.1	0.4 \pm 0.7	0.4 \pm 0.8	0.3 \pm 0.6
Odd jobs	0.5 \pm 1.2	0.4 \pm 1.1	0.5 \pm 1.1	0.4 \pm 1
Fitness	0.7 \pm 1.1	0.6 \pm 1.1	0.5 \pm 1.1	0.3 \pm 0.8
Swimming	0.4 \pm 0.8	0.4 \pm 0.7	0.3 \pm 0.7	0.2 \pm 0.6
Household				
N	232	199	166	147
Total (min/week)	630 (236 - 1099)	630 (300 - 1140)	600 (278 - 1012)	585 (248 - 900)
% 0 min/week	9.5	8	7.2	6.1
Light (min/week)	615 (210 - 1080)	600 (282 - 1140)	600 (270 - 960)	585 (240 - 900)
% 0 min/week	9.9	9	7.2	6.1
Moderate (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	90.1	89.9	88	90.5
Vigorous (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	100	100	100	100
Work				
N	223	197	166	148
Total (min/week)	0 (0 - 960)	300 (0 - 1200)	390 (0 - 1440)	360 (0 - 1710)
% 0 min/week	50.7	44.2	41.6	42.6
Light	0 (0 - 600)	0 (0 - 840)	0 (0 - 1005)	0 (0 - 1200)
% 0 min/week	64.6	58.4	57.2	57.4
Moderate (min/week)	0 (0 - 0)	0 (0 - 180)	0 (0 - 285)	0 (0 - 120)
% 0 min/week	77.1	68.5	64.5	70.3
Vigorous (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	100	100	100	100
Commuting				
N	232	200	169	149
Total (min/week)	0 (0 - 52)	0 (0 - 82)	0 (0 - 30)	0 (0 - 60)
% 0 min/week	68.1	63.5	67.5	61.7
Light (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	87.5	80	84	82.6
Moderate (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	96.6	94.5	95.3	95.3
Vigorous (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	78.9	81	81.7	77.2

Data presented as median (interquartile range), mean \pm SD or %

Chronic painAppendix 1.5 Descriptive statistics of participants with chronic pain

	Population at T0	Population at T1	Population at T2	Population at T3
N	198	176	144	128
Age (years)	45.4 ± 11.6	45.8 ± 11.8	47.4 ± 10.8	46.6 ± 11.2
Sex (% male)	24.2	25.6	23.6	25
BMI (kg/m ²)	27.9 ± 6.1	28 ± 6.2	27.8 ± 5.7	27.6 ± 5.9
Smoking				
% Yes	16.2	17	16	14.8
% No	70.7	72.7	73.6	76.6
Alcohol use				
% No	51	51.1	52.8	54.7
% Light	8.6	9.1	7.6	9.4
% Moderate	24.7	26.7	25.7	25
% Excessive	2.5	2.8	3.5	2.3
Marital status				
% Single	28.3	30.7	30.7	30.7
% Married/living with partner	59.1	59.7	59.7	59.7
Education level				
% Low	72.2	73.3	74.3	76.6
% High	15.7	17.6	16.7	15.6
Work status				
% School	2	2.3	0.7	1.6
% Employed	30.3	32.4	32.6	33.6
% Unemployed	16.2	15.3	13.2	14.1
% Retired	3.5	4	3.5	2.3
% unable to work	25.3	26.7	28.5	27.3
% Other	10.1	9.7	12.5	12.5
Rehabilitation context				
% Rehabilitation center	63.1	63.6	62.5	64.1
% Hospital	36.9	36.4	37.5	35.9
Rehabilitation form				
% Inpatient	2.5	2.8	0.7	1.6
% Outpatient	92.4	92	94.4	94.5
% Consultancy	5.1	5.1	4.9	3.9
Number of counseling moments				
% 0	9.1	8.5	7.6	3.1
% 1-3	52.5	49.4	51.4	55.5
% 4 or more	38.4	42	41	41.4

Data presented as mean ± SD or %

Note: For some participants information was missing, leading to not all percentages adding up to a 100%.

Appendix 1.6 Physical activity behavior of participants with chronic pain

	T0	T1	T2	T3
Total PA				
N	198	176	144	128
Total (min/week)	1710 (1051 - 2520)	1845 (972 - 2770)	1868 (1080 - 2771)	1598 (1080 - 2771)
Light (min/week)	1260 (652 - 2032)	1338 (630 - 2250)	1308 (606 - 2280)	1192 (770 - 1989)
Moderate (min/week)	60 (0 - 300)	112 (0 - 360)	94 (0 - 424)	112 (0 - 300)
Vigorous (min/week)	90 (2 - 210)	120 (0 - 240)	90 (0 - 240)	95 (0 - 240)

Leisure time

N	198	171	143	125
Total (min/week)	435 (240 - 735)	525 (282 - 792)	445 (240 - 752)	450 (210 - 710)
% 0 min/week	1.5	0.6	3.5	3.2
Light (min/week)	150 (30 - 420)	180 (0 - 480)	150 (0 - 360)	120 (0 - 360)
% 0 min/week	24.2	28.1	31.5	32.8
Moderate (min/week)	30 (0 - 180)	60 (0 - 210)	45 (0 - 188)	15 (0 - 180)
% 0 min/week	46.5	40.9	44.8	48
Vigorous (min/week)	60 (0 - 191)	120 (5 - 210)	90 (0 - 180)	90 (0 - 225)
% 0 min/week	26.3	25.1	30.1	25.6
Frequency of leisure time activities (mean \pm sd days per week)				
Walking	4.5 \pm 2.5	4.3 \pm 2.5	4.1 \pm 2.6	4.1 \pm 2.6
Bycycling	2 \pm 2.2	1.9 \pm 2.2	1.7 \pm 2	2.1 \pm 2.2
wheelchair riding	0.2 \pm 1.2	0.2 \pm 0.8	0.2 \pm 1	0.2 \pm 1
Handbiking	0 \pm 0.5	0 \pm 0	0 \pm 0.2	0 \pm 0.3
Gardening	0.6 \pm 1.1	0.5 \pm 1.1	0.4 \pm 1.1	0.6 \pm 1.3
Odd jobs	0.8 \pm 1.6	0.5 \pm 1.1	0.5 \pm 1.1	0.3 \pm 0.8
Fitness	0.6 \pm 1.1	0.6 \pm 1.1	0.5 \pm 1	0.3 \pm 0.8
Swimming	0.3 \pm 0.6	0.2 \pm 0.4	0.2 \pm 0.5	0.2 \pm 0.5

Household

N	196	171	141	128
Total (min/week)	690 (270 - 1080)	720 (300 - 1245)	680 (315 - 1260)	702 (300 - 1059)
% 0 min/week	6.6	4.1	5	7
Light (min/week)	690 (270 - 1058)	660 (300 - 1245)	680 (300 - 1260)	702 (300 - 1050)
% 0 min/week	6.6	4.7	5.7	7
Moderate (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	92.9	91.8	90.1	89.1
Vigorous (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	100	100	100	100

Work

N	190	175	141	126
Total (min/week)	0 (0 - 720)	0 (0 - 900)	0 (0 - 960)	0 (0 - 930)
% 0 min/week	55.3	52.6	53.2	55.6
Light	0 (0 - 480)	0 (0 - 600)	0 (0 - 540)	0 (0 - 480)
% 0 min/week	62.6	60.6	63.1	63.5
Moderate (min/week)	0 (0 - 0)	0 (0 - 30)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	83.7	74.9	75.2	77
Vigorous (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	100	100	100	100

Commuting

N	197	174	143	127
Total (min/week)	0 (0 - 50)	0 (0 - 40)	0 (0 - 14)	0 (0 - 8)
% 0 min/week	68.5	70.7	72.7	74
Light (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	85.3	85.6	86	86.6
Moderate (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	96.4	94.8	95.8	97.6
Vigorous (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	79.2	82.8	83.9	84.3

Data presented as median (interquartile range), mean \pm SD or %

Neurologic diseaseAppendix 1.7 Descriptive statistics of participants with a neurologic disease

	Population at T0	Population at T1	Population at T2	Population at T3
N	188	173	156	145
Age (years)	49.6 ± 12	49.7 ± 12.1	50.2 ± 11.8	51.1 ± 11.5
Sex (% male)	43.6	42.8	42.9	46.9
BMI (kg/m ²)	27 ± 6.6	27 ± 6.7	26.4 ± 5.8	26.2 ± 5.3
Smoking				
% Yes	19.7	20.2	19.9	17.2
% No	67.6	68.8	69.9	72.4
Alcohol use				
% No	53.2	53.2	57.1	55.9
% Light	8	8.1	7.1	8.3
% Moderate	23.9	25.4	23.1	23.4
% Excessive	2.1	2.3	2.6	2.1
Marital status				
% Single	30.3	31.2	31.2	31.2
% Married/living with partner	59.6	60.1	60.1	60.1
Education level				
% Low	60.6	61.3	60.3	59.3
% High	29.3	30.1	30.8	31
Work status				
% School	0.5	0.6	0	0.7
% Employed	28.2	30.1	28.8	28.3
% Unemployed	11.7	12.7	11.5	11.7
% Retired	9	8.7	10.3	9.7
% unable to work	32.4	31.2	31.4	32.4
% Other	8	8.1	9	7.6
Rehabilitation context				
% Rehabilitation center	69.7	69.9	68.6	70.3
% Hospital	30.3	30.1	31.4	29.7
Rehabilitation form				
% Inpatient	1.1	1.2	1.3	0.7
% Outpatient	93.1	93.1	92.9	94.5
% Consultancy	5.9	5.8	5.8	4.8
Number of counseling moments				
% 0	13.3	13.9	13.5	13.1
% 1-3	59	59	57.1	60.7
% 4 or more	27.7	27.2	29.5	26.2

Data presented as mean ± SD or %

Note: For some participants information was missing, leading to not all percentages adding up to a 100%.

Appendix 1.8 Physical activity behavior of participants with a neurologic disease

	T0	T1	T2	T3
Total PA				
N	188	173	156	145
Total (min/week)	1478 (709 - 2268)	1500 (900 - 2625)	1770 (840 - 2280)	1450 (735 - 2280)
Light (min/week)	870 (311 - 1669)	930 (420 - 1890)	952 (412 - 1744)	840 (360 - 1635)
Moderate (min/week)	120 (0 - 480)	155 (0 - 510)	120 (0 - 458)	95 (0 - 420)
Vigorous (min/week)	48 (0 - 210)	90 (0 - 210)	90 (0 - 281)	45 (0 - 210)

Leisure time

N	186	171	153	143
Total (min/week)	420 (200 - 686)	405 (219 - 690)	450 (218 - 840)	360 (178 - 600)
% 0 min/week	5.9	2.9	3.3	6.3
Light (min/week)	60 (0 - 225)	30 (0 - 270)	60 (0 - 330)	60 (0 - 270)
% 0 min/week	44.1	46.8	39.9	42
Moderate (min/week)	60 (0 - 210)	90 (0 - 240)	60 (0 - 225)	60 (0 - 140)
% 0 min/week	34.4	35.1	36.6	39.9
Vigorous (min/week)	45 (0 - 180)	75 (0 - 198)	90 (0 - 240)	45 (0 - 180)
% 0 min/week	40.9	33.3	30.7	44.1
Frequency of leisure time activities (mean \pm sd days per week)				
Walking	3 \pm 2.8	3.2 \pm 2.8	3 \pm 2.7	2.8 \pm 2.7
Bycycling	1.6 \pm 2.1	1.6 \pm 2.1	1.7 \pm 2.1	1.3 \pm 1.9
wheelchair riding	0.4 \pm 1.5	0.5 \pm 1.6	0.6 \pm 1.7	0.6 \pm 1.7
Handbiking	0 \pm 0.1	0.1 \pm 0.5	0 \pm 0.3	0.1 \pm 0.5
Gardening	0.8 \pm 1.5	0.6 \pm 1.2	0.4 \pm 1	0.5 \pm 1.1
Odd jobs	0.5 \pm 1.2	0.4 \pm 1	0.4 \pm 1	0.4 \pm 1.1
Fitness	0.7 \pm 1.1	0.7 \pm 1	0.7 \pm 1.2	0.5 \pm 0.8
Swimming	0.3 \pm 0.6	0.3 \pm 0.6	0.2 \pm 0.4	0.2 \pm 0.5

Household

N	186	171	155	143
Total (min/week)	570 (180 - 1020)	540 (240 - 1020)	540 (240 - 1065)	420 (180 - 988)
% 0 min/week	13.4	12.3	11	15.4
Light (min/week)	540 (180 - 956)	480 (232 - 960)	480 (232 - 1065)	420 (165 - 900)
% 0 min/week	13.4	12.3	11.6	15.4
Moderate (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	87.1	87.1	83.9	90.2
Vigorous (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	100	100	100	100

Work

N	175	167	153	145
Total (min/week)	0 (0 - 600)	0 (0 - 750)	0 (0 - 540)	0 (0 - 600)
% 0 min/week	66.3	61.7	62.1	62.8
Light	0 (0 - 0)	0 (0 - 150)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	78.9	73.7	77.1	76.6
Moderate (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	85.1	79.6	77.8	79.3
Vigorous (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	100	100	100	100

Commuting

N	186	173	155	144
Total (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 10)	0 (0 - 0)
% 0 min/week	80.6	80.3	74.2	75.7
Light (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	90.9	90.8	89	88.9
Moderate (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	95.7	96	94.2	95.1
Vigorous (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	90.3	90.2	88.4	88.9

Data presented as median (interquartile range), mean \pm SD or %

Organ diseaseAppendix 1.9 Descriptive statistics of participants with an organ disease

	Population at T0	Population at T1	Population at T2	Population at T3
N	152	141	123	107
Age (years)	59.9 ± 10.3	60.4 ± 10.1	60 ± 10.5	61.1 ± 10.9
Sex (% male)	68.4	68.8	65.9	68.2
BMI (kg/m ²)	28.6 ± 4.9	28.5 ± 4.9	28.4 ± 4.8	28.1 ± 4.9
Smoking				
% Yes	13.2	13.5	13	12.1
% No	78.9	80.1	80.5	81.3
Alcohol use				
% No	48	48.9	49.6	46.7
% Light	11.2	9.9	12.2	11.2
% Moderate	30.3	31.9	29.3	33.6
% Excessive	2	2.1	1.6	0.9
Marital status				
% Single	25	26.2	26.2	26.2
% Married/living with partner	69.1	68.1	68.1	68.1
Education level				
% Low	76.3	76.6	75.6	76.6
% High	17.1	17	18.7	18.7
Work status				
% School	0.7	0.7	0.8	0.9
% Employed	28.3	27.7	28.5	26.2
% Unemployed	11.8	12.1	14.6	12.1
% Retired	34.2	35.5	35	41.1
% unable to work	17.1	17	13.8	13.1
% Other	2.6	2.1	3.3	1.9
Rehabilitation context				
% Rehabilitation center	82.2	83	84.6	86
% Hospital	17.8	17	15.4	14
Rehabilitation form				
% Inpatient	2	2.1	1.6	1.9
% Outpatient	90.1	90.1	88.6	89.7
% Consultancy	7.9	7.8	9.8	8.4
Number of counseling moments				
% 0	10.5	9.9	10.6	10.3
% 1-3	61.8	61.7	63.4	60.7
% 4 or more	27.6	28.4	26	29

Data presented as mean ± SD or %

Note: For some participants information was missing, leading to not all percentages adding up to a 100%.

Appendix 1.10 Physical activity behavior of participants with an organ disease

	T0	T1	T2	T3
Total PA				
N	152	141	123	107
Total (min/week)	1500 (840 - 2370)	1560 (870 - 2775)	1950 (870 - 3112)	1740 (904 - 3112)
Light (min/week)	600 (180 - 1489)	600 (180 - 1260)	600 (211 - 1770)	600 (165 - 1260)
Moderate (min/week)	300 (0 - 795)	390 (90 - 1080)	420 (60 - 1150)	385 (60 - 1042)
Vigorous (min/week)	120 (0 - 270)	180 (0 - 360)	124 (0 - 360)	180 (0 - 385)

Leisure time

N	152	139	120	105
Total (min/week)	505 (224 - 848)	605 (300 - 990)	570 (326 - 960)	690 (360 - 990)
% 0 min/week	2	2.2	2.5	5.7
Light (min/week)	0 (0 - 120)	0 (0 - 45)	0 (0 - 120)	0 (0 - 0)
% 0 min/week	67.8	71.2	67.5	77.1
Moderate (min/week)	180 (0 - 450)	180 (20 - 480)	180 (0 - 480)	240 (30 - 615)
% 0 min/week	31.6	23.7	26.7	24.8
Vigorous (min/week)	120 (0 - 270)	140 (0 - 352)	120 (0 - 300)	180 (20 - 360)
% 0 min/week	27.6	26.6	30	24.8
Frequency of leisure time activities (mean \pm sd days per week)				
Walking	3.7 \pm 2.6	3.5 \pm 2.5	3.4 \pm 2.6	3.7 \pm 2.6
Bycycling	1.7 \pm 2.1	1.5 \pm 1.9	1.5 \pm 1.9	1.9 \pm 2.1
wheelchair riding	0.1 \pm 0.7	0.1 \pm 0.6	0.1 \pm 0.9	0.1 \pm 1
Handbiking	0 \pm 0.1	0 \pm 0	0 \pm 0	0 \pm 0
Gardening	0.9 \pm 1.4	0.7 \pm 1.4	0.7 \pm 1	0.7 \pm 1.2
Odd jobs	0.9 \pm 1.5	0.7 \pm 1.5	0.8 \pm 1.3	0.9 \pm 1.6
Fitness	0	0.7 \pm 1.1	0.4 \pm 0.8	0.4 \pm 1
Swimming	0.2 \pm 0.5	0.1 \pm 0.4	0.1 \pm 0.4	0.1 \pm 0.5

Household

N	147	138	121	106
Total (min/week)	455 (142 - 930)	540 (169 - 960)	525 (240 - 1080)	525 (180 - 1005)
% 0 min/week	15.6	14.5	12.4	15.1
Light (min/week)	420 (128 - 840)	465 (150 - 840)	420 (150 - 900)	435 (139 - 840)
% 0 min/week	17.7	15.2	14.9	15.1
Moderate (min/week)	0 (0 - 0)	0 (0 - 60)	0 (0 - 60)	0 (0 - 84)
% 0 min/week	75.5	63	63.6	59.4
Vigorous (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	100	100	100	100

Work

N	142	137	120	102
Total (min/week)	0 (0 - 480)	0 (0 - 480)	0 (0 - 765)	0 (0 - 705)
% 0 min/week	65.5	59.9	60.8	61.8
Light	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	84.5	84.7	84.2	85.3
Moderate (min/week)	0 (0 - 0)	0 (0 - 300)	0 (0 - 120)	0 (0 - 120)
% 0 min/week	78.2	67.9	70	71.6
Vigorous (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	100	100	100	100

Commuting

N	148	141	122	102
Total (min/week)	0 (0 - 0)	0 (0 - 8)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	78.4	74.5	78.7	75.5
Light (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	93.2	94.3	94.3	94.1
Moderate (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	94.6	89.4	91.8	92.2
Vigorous (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	85.8	85.8	86.9	86.3

Data presented as median (interquartile range), mean \pm SD or %

AmputationAppendix 1.11 Descriptive statistics of participants with an amputation

	Population at T0	Population at T1	Population at T2	Population at T3
N	57	52	47	40
Age (years)	56.8 ± 12.6	56.6 ± 13	55.9 ± 13.3	57.4 ± 12.2
Sex (% male)	77.2	78.8	76.6	82.5
BMI (kg/m ²)	27.1 ± 5.9	26.7 ± 5.8	26.7 ± 5.8	27.3 ± 6.1
Smoking				
% Yes	22.8	21.2	19.1	25
% No	70.2	73.1	76.6	72.5
Alcohol use				
% No	59.6	59.6	59.6	62.5
% Light	5.3	5.8	6.4	2.5
% Moderate	21.1	21.2	23.4	25
% Excessive	7	7.7	6.4	7.5
Marital status				
% Single	31.6	32.7	32.7	32.7
% Married/living with partner	61.4	61.5	61.5	61.5
Education level				
% Low	77.2	76.9	80.9	82.5
% High	14	15.4	12.8	12.5
Work status				
% School	0	0	0	0
% Employed	19.3	19.2	23.4	20
% Unemployed	8.8	7.7	10.6	7.5
% Retired	31.6	30.8	29.8	30
% unable to work	28.1	30.8	25.5	32.5
% Other	3.5	3.8	4.3	5
Rehabilitation context				
% Rehabilitation center	71.9	71.2	68.1	70
% Hospital	28.1	28.8	31.9	30
Rehabilitation form				
% Inpatient	7	5.8	8.5	7.5
% Outpatient	87.7	88.5	85.1	85
% Consultancy	5.3	5.8	6.4	7.5
Number of counseling moments				
% 0	17.5	19.2	19.1	20
% 1-3	42.1	42.3	40.4	45
% 4 or more	40.4	38.5	40.4	35

Data presented as mean ± SD or %

Note: For some participants information was missing, leading to not all percentages adding up to a 100%.

Appendix 1.12 Physical activity behavior of participants with an amputation

	T0	T1	T2	T3
Total PA				
N	57	52	47	40
Total (min/week)	1294 (615 - 2130)	1942 (1260 - 2565)	1920 (1276 - 2925)	1918 (1130 - 2925)
Light (min/week)	840 (360 - 1680)	1238 (702 - 1732)	1200 (420 - 2070)	840 (420 - 1680)
Moderate (min/week)	210 (0 - 420)	190 (60 - 600)	210 (19 - 840)	330 (60 - 855)
Vigorous (min/week)	30 (0 - 180)	30 (0 - 278)	45 (0 - 240)	60 (0 - 278)

Leisure time

N	56	51	47	39
Total (min/week)	745 (311 - 1215)	690 (415 - 1290)	585 (262 - 1200)	660 (420 - 1122)
% 0 min/week	7.1	3.9	10.6	2.6
Light (min/week)	88 (0 - 725)	180 (0 - 540)	60 (0 - 420)	90 (0 - 472)
% 0 min/week	48.2	35.3	44.7	43.6
Moderate (min/week)	139 (0 - 375)	180 (0 - 450)	120 (0 - 480)	90 (0 - 480)
% 0 min/week	39.3	27.5	34	30.8
Vigorous (min/week)	30 (0 - 184)	30 (0 - 255)	30 (0 - 240)	60 (0 - 270)
% 0 min/week	46.4	47.1	46.8	46.2
Frequency of leisure time activities (mean \pm sd days per week)				
Walking	2.9 \pm 3.1	2.9 \pm 3	2.7 \pm 2.8	3 \pm 3
Bycycling	0.7 \pm 1.8	0.7 \pm 1.6	0.8 \pm 1.7	0.7 \pm 1.6
wheelchair riding	2.8 \pm 3.3	2.2 \pm 3.1	1.9 \pm 2.9	2.3 \pm 3.2
Handbiking	0.2 \pm 0.8	0.4 \pm 1.3	0.4 \pm 1.1	0.3 \pm 0.9
Gardening	0.5 \pm 1.3	0.5 \pm 0.9	0.5 \pm 1.1	0.7 \pm 1.4
Odd jobs	0.7 \pm 1.6	0.9 \pm 1.6	0.7 \pm 1.3	1.1 \pm 1.8
Fitness	0.8 \pm 1.2	0.8 \pm 1.4	0.5 \pm 1	0.5 \pm 0.9
Swimming	0.5 \pm 0.9	0.3 \pm 0.5	0.2 \pm 0.5	0.2 \pm 0.4

Household

N	54	52	47	40
Total (min/week)	225 (0 - 652)	485 (202 - 840)	650 (225 - 1050)	420 (105 - 840)
% 0 min/week	29.6	19.2	21.3	22.5
Light (min/week)	225 (0 - 630)	485 (188 - 840)	630 (225 - 1005)	390 (105 - 840)
% 0 min/week	29.6	19.2	21.3	22.5
Moderate (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 1)	0 (0 - 0)
% 0 min/week	90.7	86.5	74.5	82.5
Vigorous (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	100	100	100	100

Work

N	53	49	46	38
Total (min/week)	0 (0 - 0)	0 (0 - 540)	0 (0 - 315)	0 (0 - 660)
% 0 min/week	75.5	59.2	69.6	52.6
Light	0 (0 - 0)	0 (0 - 240)	0 (0 - 0)	0 (0 - 315)
% 0 min/week	84.9	73.5	82.6	73.7
Moderate (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 150)
% 0 min/week	84.9	77.6	76.1	65.8
Vigorous (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	100	100	100	100

Commuting

N	57	52	47	39
Total (min/week)	0 (0 - 0)	0 (0 - 1)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	87.7	75	85.1	76.9
Light (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	91.2	90.4	89.4	89.7
Moderate (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	96.5	86.5	95.7	87.2
Vigorous (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	100	96.2	93.6	92.3

Data presented as median (interquartile range), mean \pm SD or %

Spinal cord injuryAppendix 1.13 Descriptive statistics of participants with SCI

	Population at T0	Population at T1	Population at T2	Population at T3
N	38	30	27	24
Age (years)	48.2 ± 15.4	48.2 ± 15.6	49.4 ± 14.2	50 ± 16.2
Sex (% male)	42.1	36.7	44.4	45.8
BMI (kg/m ²)	31 ± 23.8	32.4 ± 26.3	31.8 ± 28.3	31.5 ± 29.6
Smoking				
% Yes	18.4	20	14.8	16.7
% No	68.4	73.3	74.1	75
Alcohol use				
% No	42.1	43.3	44.4	41.7
% Light	2.6	3.3	3.7	0
% Moderate	34.2	36.7	33.3	41.7
% Excessive	7.9	10	7.4	8.3
Marital status				
% Single	44.7	43.3	43.3	43.3
% Married/living with partner	50	53.3	53.3	53.3
Education level				
% Low	60.5	56.7	55.6	66.7
% High	34.2	40	37	29.2
Work status				
% School	5.3	3.3	3.7	8.3
% Employed	26.3	26.7	25.9	16.7
% Unemployed	10.5	10	11.1	8.3
% Retired	18.4	20	18.5	25
% unable to work	26.3	26.7	25.9	29.2
% Other	7.9	10	7.4	8.3
Rehabilitation context				
% Rehabilitation center	89.5	86.7	88.9	91.7
% Hospital	10.5	13.3	11.1	8.3
Rehabilitation form				
% Inpatient	13.2	6.7	11.1	16.7
% Outpatient	73.7	76.7	70.4	66.7
% Consultancy	13.2	16.7	18.5	16.7
Number of counseling moments				
% 0	2.6	0	0	4.2
% 1-3	71.1	73.3	70.4	66.7
% 4 or more	26.3	26.7	29.6	29.2

Data presented as mean ± SD or %

Note: For some participants information was missing, leading to not all percentages adding up to a 100%.

Appendix 1.14 Physical activity behavior of participants with SCI

	T0	T1	T2	T3
Total PA				
N	38	30	27	24
Total (min/week)	1515 (885 - 2059)	2018 (915 - 3008)	2100 (924 - 2599)	1700 (1061 - 2599)
Light (min/week)	885 (555 - 1582)	1185 (555 - 1642)	1185 (720 - 2115)	1203 (390 - 1779)
Moderate (min/week)	52 (0 - 240)	142 (0 - 465)	30 (0 - 225)	150 (0 - 484)
Vigorous (min/week)	42 (0 - 195)	120 (0 - 377)	90 (0 - 270)	120 (0 - 210)

Leisure time

N	38	30	26	23
Total (min/week)	435 (188 - 825)	604 (398 - 1155)	540 (375 - 862)	495 (370 - 955)
% 0 min/week	5.3	3.3	3.8	8.7
Light (min/week)	135 (0 - 442)	240 (0 - 555)	195 (1 - 465)	60 (0 - 375)
% 0 min/week	36.8	36.7	26.9	39.1
Moderate (min/week)	52 (0 - 240)	128 (0 - 285)	0 (0 - 232)	90 (0 - 321)
% 0 min/week	34.2	33.3	53.8	39.1
Vigorous (min/week)	42 (0 - 195)	120 (0 - 311)	75 (0 - 225)	120 (0 - 210)
% 0 min/week	44.7	33.3	30.8	30.4
Frequency of leisure time activities (mean \pm sd days per week)				
Walking	2.1 \pm 2.6	2.2 \pm 2.6	1.5 \pm 2.1	2 \pm 2.5
Bycycling	1.2 \pm 2.1	1.6 \pm 2.4	0.8 \pm 1.8	1.6 \pm 2.6
wheelchair riding	1.6 \pm 2.6	1.7 \pm 2.9	2.6 \pm 3.4	2.5 \pm 3.3
Handbiking	0.3 \pm 1.3	0.3 \pm 0.9	0.7 \pm 1.4	0.4 \pm 1.2
Gardening	0.4 \pm 0.9	0.2 \pm 0.5	0.2 \pm 0.5	0.3 \pm 0.7
Odd jobs	0.8 \pm 1.6	0.4 \pm 1	0.3 \pm 0.6	0.7 \pm 1.3
Fitness	0	0.7 \pm 0.8	0.5 \pm 0.9	0.6 \pm 1
Swimming	0.5 \pm 0.8	0.4 \pm 0.8	0.2 \pm 0.5	0.2 \pm 0.5

Household

N	38	30	27	22
Total (min/week)	450 (38 - 840)	510 (135 - 998)	360 (180 - 1125)	322 (120 - 630)
% 0 min/week	21.1	13.3	11.1	13.6
Light (min/week)	450 (38 - 840)	510 (135 - 998)	360 (180 - 880)	278 (120 - 604)
% 0 min/week	21.1	13.3	11.1	13.6
Moderate (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	97.4	86.7	92.6	86.4
Vigorous (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	100	100	100	100

Work

N	36	30	27	23
Total (min/week)	0 (0 - 495)	0 (0 - 720)	180 (0 - 930)	0 (0 - 1110)
% 0 min/week	61.1	53.3	48.1	56.5
Light	0 (0 - 300)	0 (0 - 360)	0 (0 - 810)	0 (0 - 840)
% 0 min/week	69.4	70	55.6	65.2
Moderate (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	86.1	83.3	88.9	82.6
Vigorous (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	100	100	100	100

Commuting

N	38	30	27	24
Total (min/week)	0 (0 - 90)	0 (0 - 71)	0 (0 - 52)	0 (0 - 0)
% 0 min/week	63.2	70	66.7	79.2
Light (min/week)	0 (0 - 22)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	73.7	86.7	92.6	91.7
Moderate (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	92.1	90	81.5	100
Vigorous (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	94.7	90	85.2	87.5

Data presented as median (interquartile range), mean \pm SD or %

Other diseasesAppendix 1.15 Descriptive statistics of participants with other diseases

	Population at T0	Population at T1	Population at T2	Population at T3
N	48	42	43	31
Age (years)	46.4 ± 13.8	47.4 ± 14.1	46.4 ± 13.9	46.9 ± 14.9
Sex (% male)	47.9	47.6	51.2	45.2
BMI (kg/m ²)	26 ± 4.6	25.7 ± 4.4	26.1 ± 4.6	26.8 ± 5
Smoking				
% Yes	10.4	9.5	11.6	6.5
% No	72.9	81	72.1	77.4
Alcohol use				
% No	35.4	40.5	34.9	35.5
% Light	18.8	19	20.9	22.6
% Moderate	27.1	28.6	25.6	22.6
% Excessive	2.1	2.4	2.3	3.2
Marital status				
% Single	14.6	16.7	16.7	16.7
% Married/living with partner	75	78.6	78.6	78.6
Education level				
% Low	62.5	64.3	69.8	71
% High	25	28.6	20.9	22.6
Work status				
% School	6.2	7.1	7	9.7
% Employed	39.6	40.5	41.9	41.9
% Unemployed	4.2	2.4	4.7	6.5
% Retired	12.5	14.3	11.6	12.9
% unable to work	20.8	23.8	18.6	16.1
% Other	6.2	7.1	7	6.5
Rehabilitation context				
% Rehabilitation center	62.5	66.7	60.5	61.3
% Hospital	37.5	33.3	39.5	38.7
Rehabilitation form				
% Inpatient	0	0	0	0
% Outpatient	93.8	92.9	95.3	93.5
% Consultancy	6.2	7.1	4.7	6.5
Number of counseling moments				
% 0	4.2	2.4	2.3	6.5
% 1-3	52.1	50	55.8	51.6
% 4 or more	43.8	47.6	41.9	41.9

Data presented as mean ± SD or %

Note: For some participants information was missing, leading to not all percentages adding up to a 100%.

Appendix 1.16 Physical activity behavior of participants with other diseases

	T0	T1	T2	T3
Total PA				
N	48	42	43	31
Total (min/week)	1996 (1282 - 2535)	1715 (1402 - 3205)	2050 (1380 - 2960)	2135 (1560 - 2960)
Light (min/week)	1305 (652 - 2018)	1260 (562 - 2205)	1265 (731 - 2160)	1320 (530 - 2075)
Moderate (min/week)	132 (0 - 615)	172 (8 - 788)	240 (0 - 690)	180 (68 - 780)
Vigorous (min/week)	60 (0 - 188)	125 (40 - 251)	60 (0 - 205)	100 (60 - 240)

Leisure time

N	48	42	42	31
Total (min/week)	415 (216 - 735)	405 (285 - 889)	412 (259 - 630)	450 (312 - 810)
% 0 min/week	2.1	2.4	2.4	3.2
Light (min/week)	120 (0 - 315)	90 (0 - 288)	120 (0 - 348)	120 (0 - 300)
% 0 min/week	27.1	38.1	31	32.3
Moderate (min/week)	60 (0 - 225)	30 (0 - 285)	60 (0 - 202)	105 (0 - 352)
% 0 min/week	41.7	42.9	40.5	35.5
Vigorous (min/week)	60 (0 - 180)	120 (40 - 232)	60 (0 - 172)	75 (22 - 150)
% 0 min/week	33.3	23.8	35.7	22.6
Frequency of leisure time activities (mean \pm sd days per week)				
Walking	3.9 \pm 2.6	3.9 \pm 2.7	3.7 \pm 2.6	3.9 \pm 2.7
Bycycling	1.8 \pm 2	1.7 \pm 1.8	1.2 \pm 1.9	1.6 \pm 1.7
wheelchair riding	0 \pm 0	0 \pm 0.3	0.1 \pm 0.8	0 \pm 0
Handbiking	0 \pm 0.1	0 \pm 0	0 \pm 0	0 \pm 0
Gardening	1 \pm 1.5	0.8 \pm 1.5	0.5 \pm 0.8	1.3 \pm 1.9
Odd jobs	0.7 \pm 1.4	0.6 \pm 1.1	0.4 \pm 0.8	0.7 \pm 1.3

Household

N	48	42	43	31
Total (min/week)	740 (349 - 1060)	515 (188 - 982)	802 (480 - 1050)	720 (390 - 915)
% 0 min/week	6.2	7.1	2.3	6.5
Light (min/week)	660 (349 - 1028)	510 (188 - 945)	742 (420 - 960)	720 (360 - 915)
% 0 min/week	6.2	7.1	2.3	6.5
Moderate (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	81.2	85.7	83.7	77.4
Vigorous (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	100	100	100	100

Work

N	46	42	43	31
Total (min/week)	240 (0 - 810)	660 (0 - 1245)	480 (0 - 1440)	360 (0 - 1440)
% 0 min/week	43.5	33.3	37.2	41.9
Light	0 (0 - 450)	120 (0 - 900)	0 (0 - 690)	0 (0 - 840)
% 0 min/week	58.7	50	58.1	58.1
Moderate (min/week)	0 (0 - 105)	0 (0 - 285)	0 (0 - 450)	0 (0 - 150)
% 0 min/week	71.7	61.9	65.1	71
Vigorous (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	100	100	100	100

Commuting

N	48	42	43	31
Total (min/week)	0 (0 - 45)	0 (0 - 79)	0 (0 - 60)	0 (0 - 110)
% 0 min/week	64.6	57.1	65.1	54.8
Light (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	83.3	88.1	86	83.9
Moderate (min/week)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)	0 (0 - 0)
% 0 min/week	97.9	90.5	95.3	93.5
Vigorous (min/week)	0 (0 - 0)	0 (0 - 22)	0 (0 - 0)	0 (0 - 25)
% 0 min/week	77.1	73.8	79.1	71

Data presented as median (interquartile range), mean \pm SD or %