# **Exercise Habits of C8 Health Project Participants**

"Have a Regular Exercise Program" \* "Gender" Crosstabulation

			"Gender"		
			Female	Male	Total
"Have a Regular	No	Count	24255	22703	46958
Exercise Program"		% within "Gender"	67.8%	68.3%	68.0%
	Yes	Count	11533	10539	22072
		% within "Gender"	32.2%	31.7%	32.0%
Total		Count	35788	33242	69030
		% within "Gender"	100.0%	100.0%	100.0%

## "Frequency of Exercise" \* "Gender" Crosstabulation

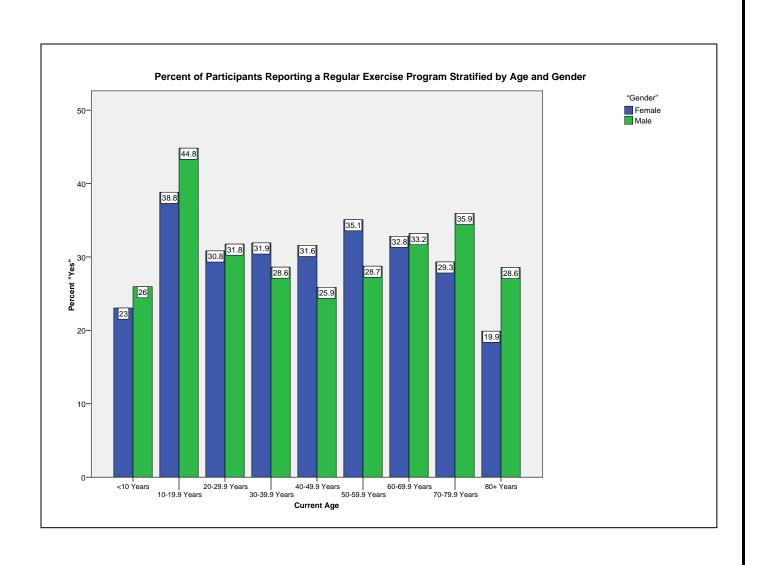
			"Ger	ider"	
			Female	Male	Total
"Frequency	No Response	Count	59	53	112
of Exercise"		% within "Gender"	.5%	.5%	.5%
	Once a Week	Count	1378	1057	2435
		% within "Gender"	11.9%	10.0%	11.0%
	2 or 3 Times a Week	Count	6231	4791	11022
		% within "Gender"	54.0%	45.5%	49.9%
	4-6 Times a Week	Count	3279	3709	6988
		% within "Gender"	28.4%	35.2%	31.7%
	7 or More TImes a Week	Count	586	929	1515
		% within "Gender"	5.1%	8.8%	6.9%
Total		Count	11533	10539	22072
		% within "Gender"	100.0%	100.0%	100.0%

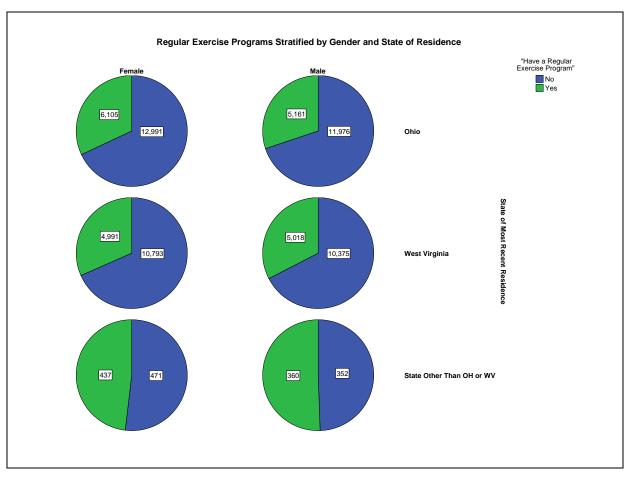
## "Duration of Exercise" \* "Gender" Crosstabulation

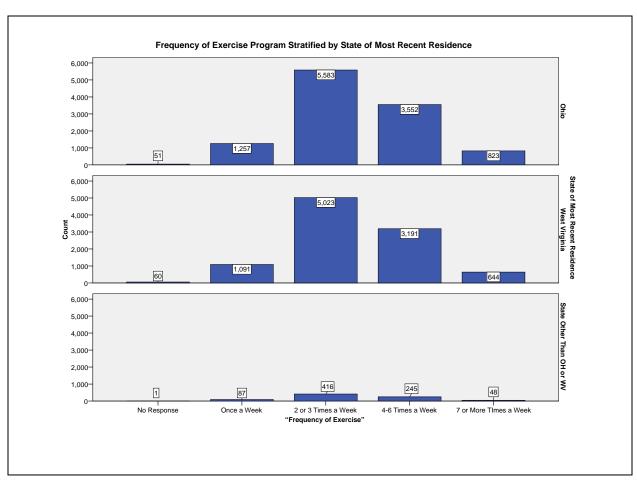
			"Ger	"Gender"	
			Female	Male	Total
"Duration of	No Response	Count	59	59	118
Exercise"		% within "Gender"	.5%	.6%	.5%
	< 10 Minutes	Count	193	177	370
		% within "Gender"	1.7%	1.7%	1.7%
	10-20 Minutes	Count	2213	1604	3817
		% within "Gender"	19.2%	15.2%	17.3%
	20-40 Minutes	Count	5286	3826	9112
		% within "Gender"	45.8%	36.3%	41.3%
	40-60 Minutes	Count	2604	2732	5336
		% within "Gender"	22.6%	25.9%	24.2%
	> 1 Hour	Count	1178	2141	3319
		% within "Gender"	10.2%	20.3%	15.0%
Total		Count	11533	10539	22072
		% within "Gender"	100.0%	100.0%	100.0%

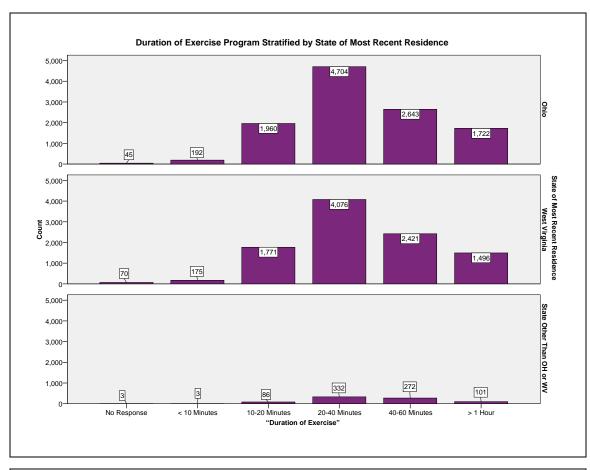
"Type of Exercise" \* "Gender" Crosstabulation

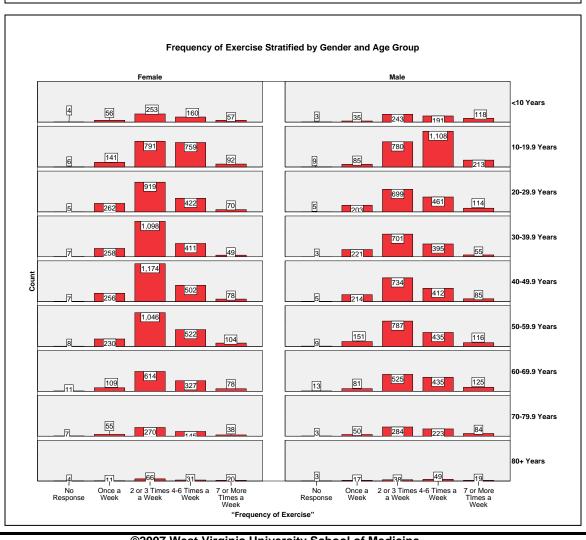
			"Ger	der"	
			Female	Male	Total
"Type of	Cardiovascular	Count	7264	4852	12116
Exercise"		% within "Gender"	63.0%	46.0%	54.9%
	Weight Lifting	Count	61	693	754
		% within "Gender"	.5%	6.6%	3.4%
	Both Cardio &	Count	2940	4017	6957
	Weight Lifting	% within "Gender"	25.5%	38.1%	31.5%
	Don't Know	Count	1268	977	2245
		% within "Gender"	11.0%	9.3%	10.2%
Total		Count	11533	10539	22072
		% within "Gender"	100.0%	100.0%	100.0%











## Frequency of Exercise

Count

Count					
			"Gend		
Age Category 3	<b>"</b>	N. B.	Female	Male	Total
<10 Years	"Frequency of Exercise"	No Response	4	3	7
	OI EXELCISE	Once a Week	56	35	91
		2 or 3 Times a Week	253	243	496
		4-6 Times a Week	160	191	351
		7 or More TImes a Week	57	118	175
	Total		530	590	1120
10-19.9 Years	"Frequency	No Response	6	9	15
	of Exercise"	Once a Week	141	85	226
		2 or 3 Times a Week	791	780	1571
		4-6 Times a Week	759	1108	1867
		7 or More Times a Week	92	213	305
	Total	7 of Word Times a Wook	1789	2195	3984
20-29.9 Years	"Frequency	No Response	5		
20-29.9 Teats	of Exercise"		_	5	10
	OI EXCIDIO	Once a Week	262	203	465
		2 or 3 Times a Week	919	699	1618
		4-6 Times a Week	422	461	883
		7 or More TImes a Week	70	114	184
	Total		1678	1482	3160
30-39.9 Years	"Frequency	No Response	7	3	10
	of Exercise"	Once a Week	258	221	479
		2 or 3 Times a Week	1098	701	1799
		4-6 Times a Week	411	395	806
		7 or More Times a Week	49	55	104
	Total		1823	1375	3198
40-49.9 Years	"Frequency	No Response	7	5	12
40 40.0 10010	of Exercise"	Once a Week	256	214	470
	0. =/.0.0.00	2 or 3 Times a Week			_
			1174	734	1908
		4-6 Times a Week	502	412	914
		7 or More Times a Week	78	85	163
	Total		2017	1450	3467
50-59.9 Years	"Frequency	No Response	8	9	17
	of Exercise"	Once a Week	230	151	381
		2 or 3 Times a Week	1046	787	1833
		4-6 Times a Week	522	435	957
		7 or More Times a Week	104	116	220
	Total		1910	1498	3408
60-69.9 Years	"Frequency	No Response	11	13	24
	of Exercise"	Once a Week	109	81	190
		2 or 3 Times a Week	614	525	1139
		4-6 Times a Week	327	435	762
		7 or More Times a Week			
	Total	i or word rillies a week	78	125	203
70.70.0 \/*	Total	No Deensins	1139	1179	2318
70-79.9 Years	"Frequency of Exercise"	No Response	7	3	10
	OI EXCICISE	Once a Week	55	50	105
		2 or 3 Times a Week	270	284	554
		4-6 Times a Week	145	223	368
		7 or More TImes a Week	38	84	122
	Total		515	644	1159
80+ Years	"Frequency	No Response	4	3	7
	of Exercise"	Once a Week	11	17	28
		2 or 3 Times a Week	66	38	104
		4-6 Times a Week	31	49	80
		7 or More Times a Week	20	19	39
	Total	, or more rillies a meek			
	ıvıaı		132	126	258

### **Duration of Exercise**

Count

Age Category 3	Count			"Gend	ler"	
Variable   Variable	Age Category 3					Total
10-20 Minutes			No Response	4	6	10
10-19.9 Years		Exercise"			_	
10-19.9 Years						1
Total					· ·	
Total						
10-19.9 Years		Total	> 1 Hour			
Exercise	10-10 0 Vears		No Response			
10-20 Minutes	10-19.9 Teals		•	·		
20-40 Minutes						
10-60 Minutes						1
20-29.9 Years						
Total			> 1 Hour			
Exercise   Company   Com		Total				
10-20 Minutes   20-40 Minutes   20-40 Minutes   412   463   875	20-29.9 Years	"Duration of	No Response			
10-20 Minutes   10-20 Minute		Exercise"	< 10 Minutes	24	19	43
30-39.9 Years			10-20 Minutes	303	177	480
Total			20-40 Minutes	773	478	1251
Total			40-60 Minutes	412	463	875
30-39.9 Years			> 1 Hour	162	341	503
Exercise"   <10 Minutes   25   14   39   539   10-20 Minutes   941   533   1474   40-60 Minutes   406   388   794   514   113   229   342   10-20 Minutes   333   1375   3198   3175   3175   3198   3175   3175   3198   3175   3175   3198   3175   3175   3188   3175   3175   3175   3188   3175   3175   3175   3188   3175   3175   3175   3188   3175   3175   3175   3188   3175				1678	1482	3160
10-20 Minutes   25   14   33   33   208   539   20-40 Minutes   406   388   794   40-60 Minutes   406   388   794   40-60 Minutes   406   388   794   40-49.9 Years   "Duration of Exercise"   10-20 Minutes   33   33   36   605	30-39.9 Years		•	7	3	10
20-40 Minutes		Exercise"			14	39
40-60 Minutes						
No Response   15   11   26   26   27   26   27   27   27   28   28   28   28   28						1
Total						
40-49.9 Years   "Duration of Exercise"		Tatal	> 1 Hour			1
Exercise"   < 10 Minutes   33   33   66     10-20 Minutes   359   246   605     20-40 Minutes   1053   601   1654     40-60 Minutes   436   340   776     > 1 Hour   131   222   353     Total   2017   1450   3467     50-59.9 Years   "Duration of Exercise"   < 10 Minutes   32   30   62     10-20 Minutes   388   271   660     20-40 Minutes   388   271   660     20-40 Minutes   386   365   751     > 1 Hour   112   199   311     Total   1910   1498   3408     60-69.9 Years   "Duration of Exercise"   < 10 Minutes   19   21   40     10-20 Minutes   267   195   462     20-40 Minutes   267   195   462     20-40 Minutes   267   195   462     20-40 Minutes   267   195   340     40-60 Minutes   261   319   580     > 1 Hour   65   164   229     Total   1139   1179   2318     70-79.9 Years   "Duration of Exercise"   < 10 Minutes   22   23   45     10-20 Minutes   213   240   453     40-60 Minutes   105   171   276     > 1 Hour   37   80   117     Total   515   644   1159     80+ Years   "Duration of Exercise"   No Response   3   1   4     Exercise"   < 10 Minutes   12   8   20     10-20 Minutes   12   8   20     10-20 Minutes   25   27   52     20-40 Minutes   25   27   52	40, 40, 0, Vooro		No Doonongo			<b> </b>
10-20 Minutes   359   246   605	40-49.9 Teals		•		_	
20-40 Minutes		2.0.0.00				
40-60 Minutes						
Total						
Total						
Total		Total	7 1 1 1001			1
Exercise"	50-59.9 Years		No Response			
10-20 Minutes   389   271   660   20-40 Minutes   976   622   1598   40-60 Minutes   386   365   751   51   Hour   112   199   311   Total   1910   1498   3408   3408   3408   40-69.9 Years   "Duration of Exercise"   10-20 Minutes   19   21   40   40-60 Minutes   267   195   462   20-40 Minutes   267   195   462   20-40 Minutes   261   319   580   516   467   983   40-60 Minutes   261   319   580   5164   229   231   2318						
20-40 Minutes			10-20 Minutes		271	660
No Response   11   13   24   20   20   40   40   40   40   40			20-40 Minutes		622	l
Total			40-60 Minutes	386	365	751
60-69.9 Years "Duration of Exercise"			> 1 Hour	112	199	311
Exercise" < 10 Minutes 19 21 40 10-20 Minutes 267 195 462 20-40 Minutes 516 467 983 40-60 Minutes 261 319 580 > 1 Hour 65 164 229 1139 1179 2318 70-79.9 Years "Duration of Exercise" No Response 22 23 45 10-20 Minutes 22 23 45 40-60 Minutes 213 240 453 40-60 Minutes 213 240 453 40-60 Minutes 37 80 117 Total 80+ Years "Duration of Exercise" < 10 Minutes 105 171 276 > 1 Hour 37 80 117 155 644 1159 80+ Years "Duration of Exercise" < 10 Minutes 12 8 20 10-20 Minutes 12 8 20 40-60 Minutes 37 51 88 40-60 Minutes 37 51 88 40-60 Minutes 25 27 52 51 1 Hour 11 13 24		Total		1910	1498	3408
10-20 Minutes   267   195   462   20-40 Minutes   516   467   983   40-60 Minutes   261   319   580   516   467   229   1139   1179   2318	60-69.9 Years		No Response	11	13	24
20-40 Minutes		Exercise"	< 10 Minutes	19	21	40
40-60 Minutes   261   319   580   >1 Hour   65   164   229     Total   1139   1179   2318     70-79.9 Years   "Duration of Exercise"   No Response   3   3   6     Exercise"   < 10 Minutes   22   23   45     10-20 Minutes   135   127   262   20-40 Minutes   213   240   453   40-60 Minutes   105   171   276   > 1 Hour   37   80   117     Total   515   644   1159     80+ Years   "Duration of Exercise"   No Response   3   1   4     4   26   70   20-40 Minutes   44   26   70   20-40 Minutes   37   51   88   40-60 Minutes   25   27   52   52   7   52   31   40   40   40   40   40   40   40   4				267	195	462
Total   No Response   3   3   45   10-20 Minutes   213   240   453   40-60 Minutes   214   80   1159   1179   2318   1179   2318   1179   2318   1179   2318   1179   2318   1170   11						
Total 1139 1179 2318  70-79.9 Years "Duration of Exercise" < 10 Minutes 22 23 45 10-20 Minutes 135 127 262 20-40 Minutes 213 240 453 40-60 Minutes 105 171 276 > 1 Hour 37 80 117  Total 515 644 1159  80+ Years "Duration of Exercise" < 10 Minutes 12 8 20 10-20 Minutes 12 8 20 10-20 Minutes 12 8 20 10-20 Minutes 14 26 70 20-40 Minutes 37 51 88 40-60 Minutes 25 27 52 > 1 Hour 11 13 24						1
70-79.9 Years "Duration of Exercise"		T-4-1	> 1 Hour			
Exercise"	70.70.0 \/ c ===		No Deserve			
10-20 Minutes	10-19.9 Years		•			
20-40 Minutes		EXCIOIOG				
40-60 Minutes   105   171   276     276						1
No Response   10-20 Minutes   20-40 Minutes   25   27   52   52   52   7   11   13   24   15   17   17   17   17   17   17   17						
Total 515 644 1159  80+ Years "Duration of Exercise"						1
80+ Years "Duration of Exercise"		Total	, 1 1 1 Out			
Exercise" < 10 Minutes 12 8 20 10-20 Minutes 44 26 70 20-40 Minutes 37 51 88 40-60 Minutes 25 27 52 > 1 Hour 11 13 24	80+ Years		No Response			
10-20 Minutes 44 26 70 20-40 Minutes 37 51 88 40-60 Minutes 25 27 52 > 1 Hour 11 13 24			•		· ·	
20-40 Minutes 37 51 88 40-60 Minutes 25 27 52 > 1 Hour 11 13 24						1
40-60 Minutes 25 27 52 > 1 Hour 11 13 24						
> 1 Hour 11 13 24						
		Total		132		

## Type of Exercise

Count

Count			"Gend	der"	
Age Category 3			Female	Male	Total
<10 Years	"Type of	Cardiovascular	380	393	773
	Exercise"	Weight Lifting	0	3	3
		Both Cardio & Weight Lifting	26	41	67
		Don't Know	124	153	277
	Total		530	590	1120
10-19.9 Years	"Type of	Cardiovascular	1103	842	1945
	Exercise"	Weight Lifting	11	144	155
		Both Cardio & Weight Lifting	404	940	1344
		Don't Know	271	269	540
	Total		1789	2195	3984
20-29.9 Years	"Type of	Cardiovascular	919	368	1287
	Exercise"	Weight Lifting	15	184	199
		Both Cardio & Weight Lifting	616	857	1473
		Don't Know	128	73	201
	Total		1678	1482	3160
30-39.9 Years	"Type of	Cardiovascular	1129	481	1610
	Exercise"	Weight Lifting	10	178	188
		Both Cardio & Weight Lifting	573	666	1239
		Don't Know	111	50	161
	Total		1823	1375	3198
40-49.9 Years	"Type of	Cardiovascular	1256	642	1898
	Exercise"	Weight Lifting	12	103	115
		Both Cardio & Weight Lifting	596	619	1215
		Don't Know	153	86	239
	Total		2017	1450	3467
50-59.9 Years	"Type of	Cardiovascular	1274	883	2157
	Exercise"	Weight Lifting	10	56	66
		Both Cardio & Weight Lifting	445	460	905
		Don't Know	181	99	280
	Total		1910	1498	3408
60-69.9 Years	"Type of	Cardiovascular	765	768	1533
	Exercise"	Weight Lifting	1	16	17
		Both Cardio & Weight Lifting	198	278	476
		Don't Know	175	117	292
	Total		1139	1179	2318
70-79.9 Years	"Type of	Cardiovascular	351	403	754
	Exercise"	Weight Lifting	2	8	10
		Both Cardio & Weight Lifting	65	135	200
		Don't Know	97	98	195
	Total		515	644	1159
80+ Years	"Type of	Cardiovascular	87	72	159
	Exercise"	Weight Lifting	0	1	1
		Both Cardio & Weight Lifting	17	21	38
		Don't Know	28	32	60