

Additional file 1: Categorization of exercise

How often do you exercise during summer?		1	2	3	4
How often do you exercise during winter?	1	high exercise			
	2		moderate exercise	low exercise	
	3			no exercise	
	4				

1 “regularly more than or equal to two hours per week”

2 “regularly more than or equal to one, but less than two hours per week”

3 “less than one hour per week”

4 “no exercise”

According to:

Karl FM, Tremmel M, Luzak A, Schulz H, Peters A, Meisinger C, et al. Direct healthcare costs associated with device assessed and self-reported physical activity: results from a cross-sectional population-based study. BMC Public Health. 2018;18:966. doi:10.1186/s12889-018-5906-7