

Exercise Habits of C8 Health Project Participants

“Have a Regular Exercise Program” * “Gender” Crosstabulation

			“Gender”		Total
			Female	Male	
“Have a Regular Exercise Program”	No	Count	24255	22703	46958
		% 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

			“Gender”		Total
			Female	Male	
“Frequency of Exercise”	No Response	Count	59	53	112
		% 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%

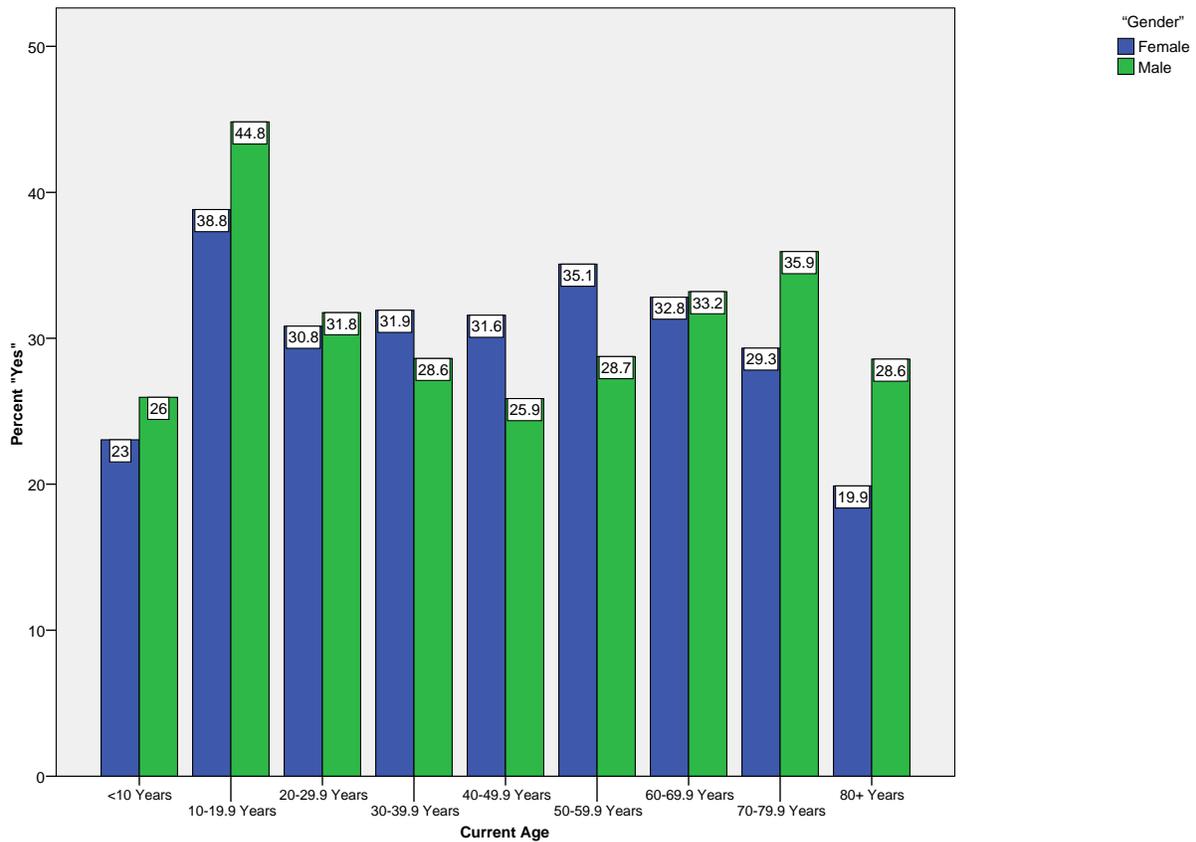
“Duration of Exercise” * “Gender” Crosstabulation

			“Gender”		Total
			Female	Male	
“Duration of Exercise”	No Response	Count	59	59	118
		% 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%

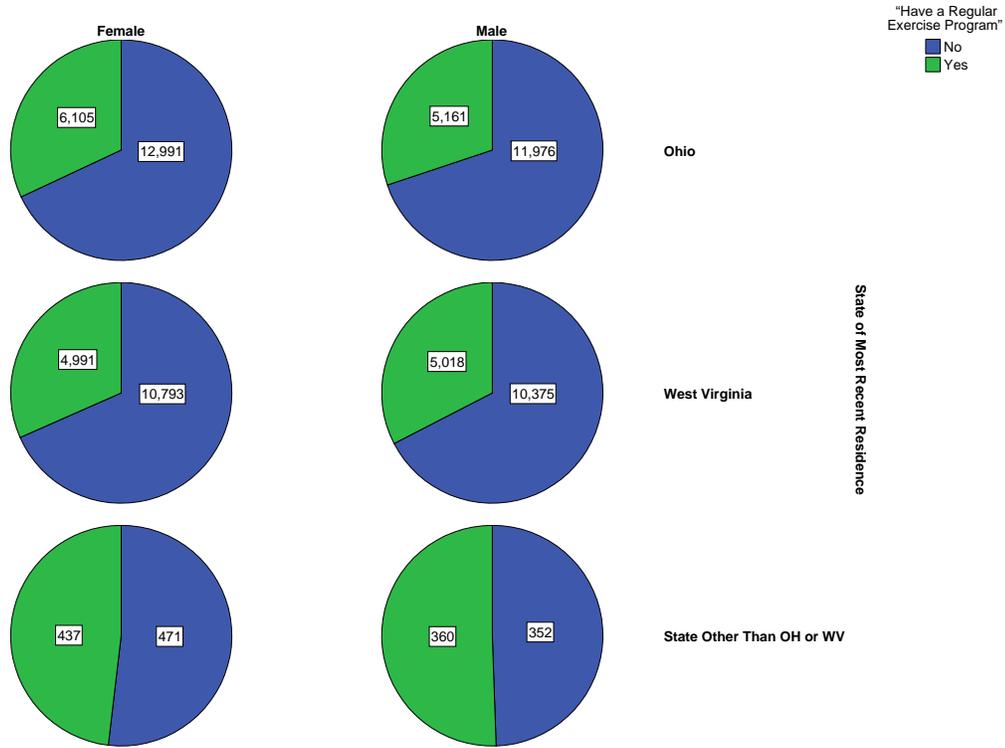
“Type of Exercise” * “Gender” Crosstabulation

			“Gender”		Total
			Female	Male	
“Type of Exercise”	Cardiovascular	Count	7264	4852	12116
		% within “Gender”	63.0%	46.0%	54.9%
	Weight Lifting	Count	61	693	754
		% within “Gender”	.5%	6.6%	3.4%
	Both Cardio & Weight Lifting	Count	2940	4017	6957
		% 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%

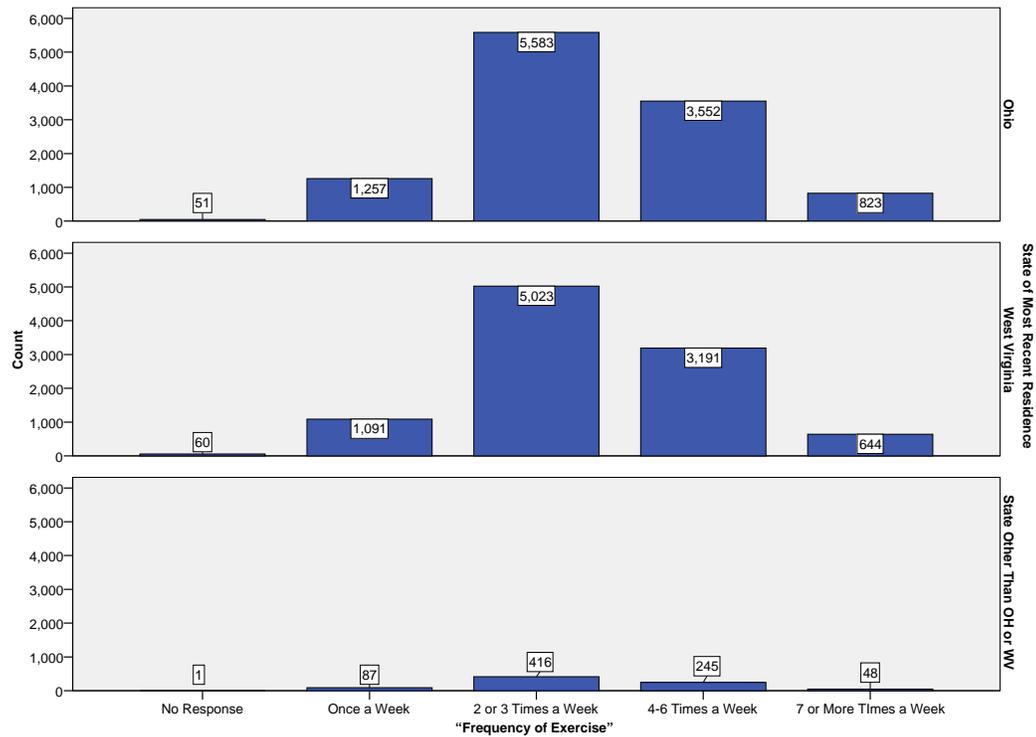
Percent of Participants Reporting a Regular Exercise Program Stratified by Age and Gender



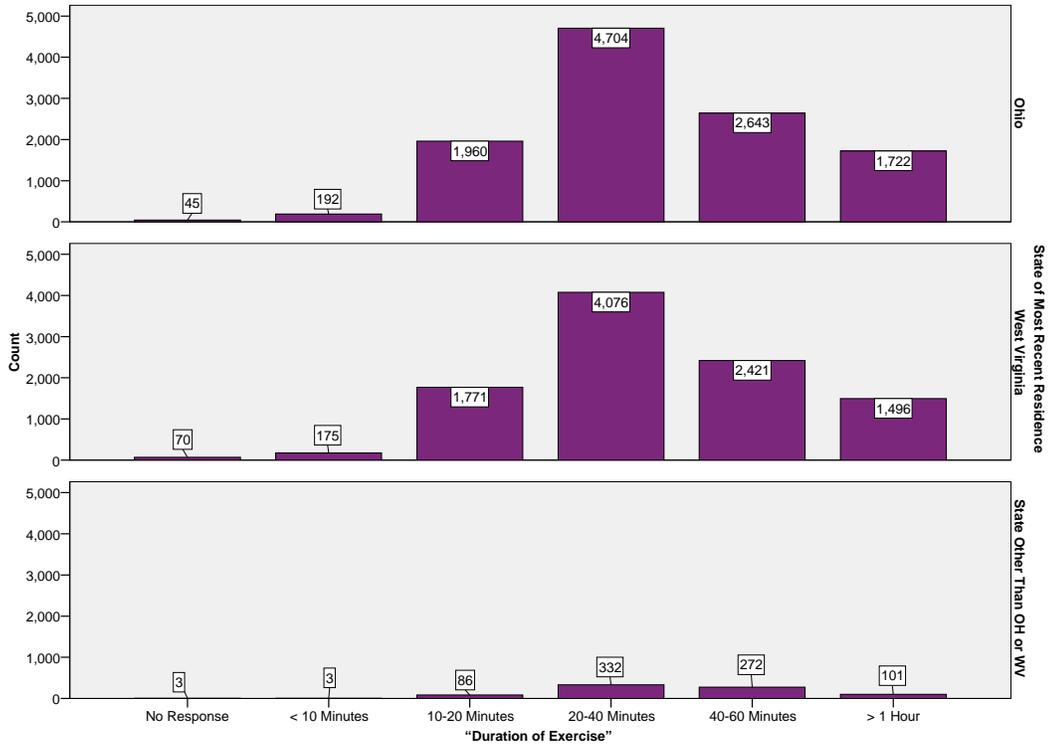
Regular Exercise Programs Stratified by Gender and State of Residence



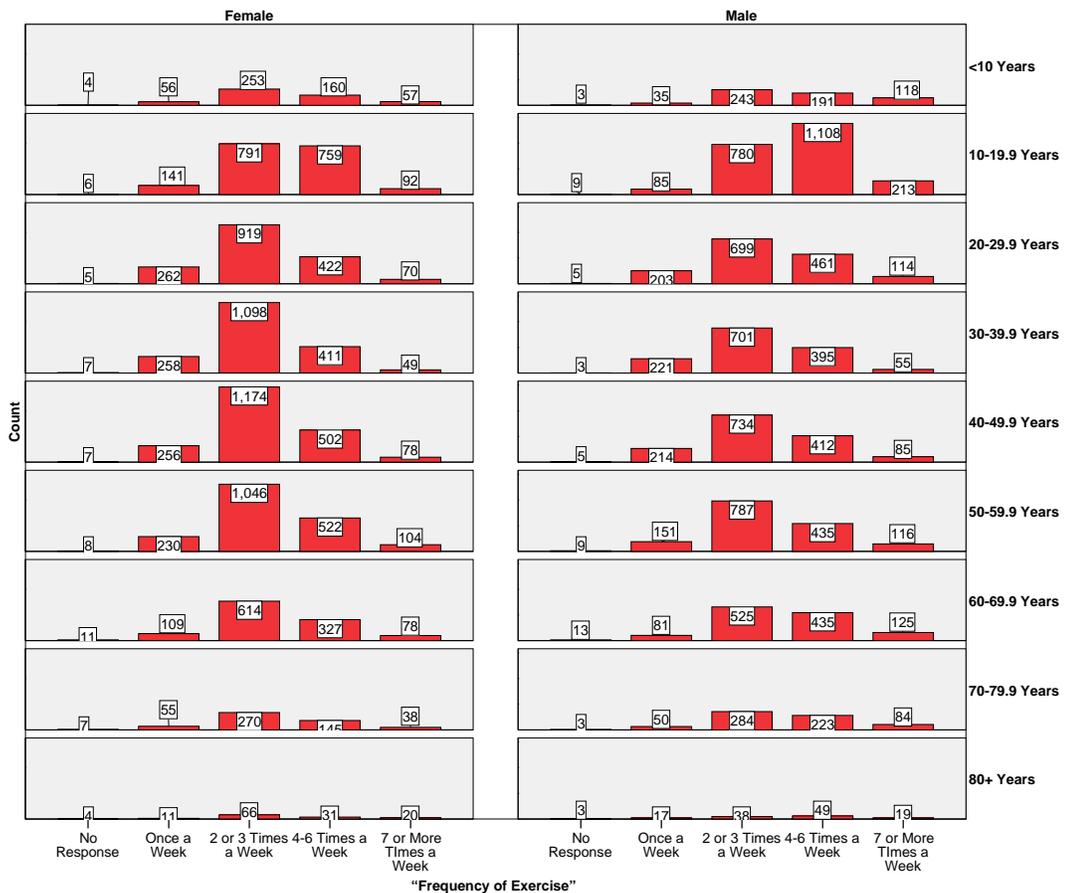
Frequency of Exercise Program Stratified by State of Most Recent Residence



Duration of Exercise Program Stratified by State of Most Recent Residence



Frequency of Exercise Stratified by Gender and Age Group



Frequency of Exercise

Count			"Gender"		Total
			Female	Male	
Age Category 3					
<10 Years	"Frequency of Exercise"	No Response	4	3	7
		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 of Exercise"	No Response	6	9	15
		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	1789	2195	3984
20-29.9 Years	"Frequency of Exercise"	No Response	5	5	10
		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 of Exercise"	No Response	7	3	10
		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 of Exercise"	No Response	7	5	12
		Once a Week	256	214	470
		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 of Exercise"	No Response	8	9	17
		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 of Exercise"	No Response	11	13	24
		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	78	125	203
		Total	1139	1179	2318
70-79.9 Years	"Frequency of Exercise"	No Response	7	3	10
		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 of Exercise"	No Response	4	3	7
		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	132	126	258

Duration of Exercise

Count

Age Category 3			"Gender"		Total
			Female	Male	
<10 Years	"Duration of Exercise"	No Response	4	6	10
		< 10 Minutes	8	3	11
		10-20 Minutes	113	114	227
		20-40 Minutes	208	217	425
		40-60 Minutes	127	117	244
		> 1 Hour	70	133	203
		Total	530	590	1120
10-19.9 Years	"Duration of Exercise"	No Response	7	10	17
		< 10 Minutes	18	26	44
		10-20 Minutes	272	240	512
		20-40 Minutes	569	617	1186
		40-60 Minutes	446	542	988
		> 1 Hour	477	760	1237
		Total	1789	2195	3984
20-29.9 Years	"Duration of Exercise"	No Response	4	4	8
		< 10 Minutes	24	19	43
		10-20 Minutes	303	177	480
		20-40 Minutes	773	478	1251
		40-60 Minutes	412	463	875
		> 1 Hour	162	341	503
		Total	1678	1482	3160
30-39.9 Years	"Duration of Exercise"	No Response	7	3	10
		< 10 Minutes	25	14	39
		10-20 Minutes	331	208	539
		20-40 Minutes	941	533	1474
		40-60 Minutes	406	388	794
		> 1 Hour	113	229	342
		Total	1823	1375	3198
40-49.9 Years	"Duration of Exercise"	No Response	5	8	13
		< 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"	No Response	15	11	26
		< 10 Minutes	32	30	62
		10-20 Minutes	389	271	660
		20-40 Minutes	976	622	1598
		40-60 Minutes	386	365	751
		> 1 Hour	112	199	311
		Total	1910	1498	3408
60-69.9 Years	"Duration of Exercise"	No Response	11	13	24
		< 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
		Total	1139	1179	2318
70-79.9 Years	"Duration of Exercise"	No Response	3	3	6
		< 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
		< 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
		Total	132	126	258

Type of Exercise

Count			"Gender"		Total
Age Category 3	"Type of Exercise"		Female	Male	
<10 Years		Cardiovascular	380	393	773
		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		Cardiovascular	1103	842	1945
		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		Cardiovascular	919	368	1287
		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		Cardiovascular	1129	481	1610
		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		Cardiovascular	1256	642	1898
		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		Cardiovascular	1274	883	2157
		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		Cardiovascular	765	768	1533
		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		Cardiovascular	351	403	754
		Weight Lifting	2	8	10
		Both Cardio & Weight Lifting	65	135	200
		Don't Know	97	98	195
	Total		515	644	1159
80+ Years		Cardiovascular	87	72	159
		Weight Lifting	0	1	1
		Both Cardio & Weight Lifting	17	21	38
		Don't Know	28	32	60
	Total		132	126	258