

	Occupational Physical Activity Level	Leisure Time Physical Activity Level
Question	<i>If you are in payed or unpaid work, how will you describe your work?</i>	<i>Estimate your physical activity level in your leisure time over the past year. If the physical activity varies throughout the year, give an average.</i>
Answering alternative 1	Light occupational physical activity: <i>“Predominantly sedentary work: desk worker, sitting assembly line worker (light goods)”</i> ,	Almost completely Inactive: <i>“reading, TV watching or other sedentary activity”</i>
Answering alternative 2	Moderate occupational physical activity: <i>“Sitting or standing, some walking, teaching, cashier, general office worker, light tool and machinery worker”</i> ,	Moderately active: <i>“walking, cycling, or other forms of exercise at least 4 hours per week”</i>
Answering alternative 3	Heavy occupational physical activity: <i>“Walking, some handling of material: nurse, construction worker”</i> ,	Highly active: <i>“participation in recreational sports, heavy gardening, etc. at least 4 hours per week”</i>
Answering alternative 4	Very heavy occupational physical activity: <i>“Heavy manual work”</i> .	Vigorously active: <i>“participation in hard training or sports competitions regularly several times a week”</i> .

Supplementary Table 1. Saltin-Grimby physical activity level scale (SGPALS).

As new behavioural concepts has emerged (Grimby et al., 2015, *Scand J Sports Med*; Rödger et al., 2012, *BMC Public Health*) and perhaps some jobs are automatic due to technological developments, some of the work examples in answering alternatives for occupational physical activity are omitted and new examples are added. For leisure time physical activity, a frequency specification in answering alternative three is added.

Changes in the SGPALS occupational physical activity:

“*Teaching*” was added in our questionnaire as an example of work in answering alternative 2 and “*nurse*” and “*construction worker*” was added in answering alternative 3. The work example “*Watch maker*” was removed in answering alternative 1, the work examples “*mailman, waiter, construction worker, heavy tool and machinery worker*” was removed from answering alternative 3, and all work examples from answering alternative 4 was removed: “*Lumberjack, dock worker, stone mason, farm worker, ditch digger*”.