Physical activities

Attributes relating to physical activities are lucidly stated in the Table 1. Details about particular attributes are given in the Tables 2–5.

Table 1: Attributes relating to physical activities

Identifier – column in the data matrix Entry	Meaning
TELAKTZA	physical activity in a job
AKTPOZAM	physical activity after a job
DOPRAVA	which means of transport he uses for getting to work
DOPRATRV	how long it takes to get to work

Table 2: Frequency of the TELAKTZA attribute values

TELAKTZA – physical activity in a job		Number of patients
Code	Meaning	
1	he mainly sits	739
2	he mainly stands	167
3	he mainly walks	373
4	he carries heavy loads	100
5	not stated	38

Diagrams: bar, pie.

Table 3: Frequency of the AKTPOZAM attribute values

AKTPOZAM – physical activity after a job		Number of patients
Code	Meaning	
1	he mainly sits	266
2	moderate activity	1 028
3	great activity	118
4	not stated	5

Diagrams: bar, pie.

Moderate activities stand for errands, walks with a peaceful dog, regular work in a garden, and so on.

Great activities stand for regular physical activities – daily or at least 3–4 times a week for more than a half an hour or walking at a speed of at least 4 km per hour at least 3 times a week.

Table 4: Frequency of the DOPRAVA attribute values

DOPRAVA – way how he gets to work		Number of patients
Code	Meaning	

1	on foot	353
2	by bike	4
3	public means of transport	776
4	by car	180
9	not stated	104

Diagrams: bar, pie.

Table 5: Frequency of the DOPRATRV attribute values

DOPRATRV – duration of the way to work		Number of patients
Code	Meaning	
5	the way takes around ½ hour	962
6	the way takes around 1 hour	318
7	the way takes around 2 hours	11
8	the way takes more than 2 hours	5
9	not stated	121

Diagrams: bar, pie.