
Saltin-Grimby Physical Activity Level Scale (SGPALS)

PHYSICAL ACTIVITY AND EXERCISE

Mark only one option!

How much do you move and exert yourself physically during your leisure time?
If your activity varies greatly between, for example, summer and winter, try to estimate an average. The question refers to the past year.

1. Physically inactive

Almost completely inactive, reading, watching television, watching movies, using computers or doing other sedentary activities, during leisure time.....

2. Some light physical activity

Physically active for at least 4 hours/week, such as riding a bicycle or walking to work, walking with the family, gardening, fishing, table tennis, bowling etc.....

3. Regular physical activity and training

Spending time doing heavy gardening, running, swimming, playing tennis, badminton, calisthenics and similar activities, for at least 2-3 hours/week.....

4. Regular hard physical training for competitive sports

Spending time running, orienteering, skiing, swimming, playing football, handball etc. several times per week.....

Grimby G, Borjesson M, Jonsdottir IH, Schnohr P, Thelle DS, Saltin B. The "Saltin-Grimby Physical Activity Level Scale" and its application to health research. Scand J Med Sci Sports. 2015;25 Suppl 4:119-25.

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