

Table 1. Type of physical activity with corresponding hours per week among the participants.

Participant	Type of physical activity or exercise	Hours per week (number)
1	Football and basketball	5
2	Pilates and tap dancing	3
3	Basketball	2
4	Rock climbing	8
5	Gym classes and netball	4
6	Walking	3
7	Football, basketball, and gym	10
8	Basketball	2
9	Soccer, weightlifting, and basketball	6
10	Soccer and volleyball	10
11	Power lifting	8-10
12	Skating	30
13	Weightlifting	5
14	None	-
15	None	-
16	Swimming	2