

Supplemental Content 2:

Study Coding Form on the Basis of the *2008 Physical Activity Guidelines for Americans*

Thomas, J. D., & Cardinal, B. J. How credible is online physical activity advice? The accuracy of free adult educational materials. *Translational Journal of the American College of Sports Medicine*.

Code Sheet: 2008 Adult (18-64 years of age) PA Guidelines Consistency

Date: _____ Sample #: _____

Targets: Older Adult or Pregnant (Expecting) Women? NO YES.

Coder Initials: _____

Directions

Notice: If targets older adults or women who are pregnant or expecting to become pregnant, **Do NOT code**. Mark “Yes” in identifier section above, then move to next sample.

For the entire document, see if at least **one** message **consistent** with each of the 17 items. Read carefully.

After you read the entire document, fill in blank rows with zeros.

Reminders

- A “Yes” means the message **explicitly** and **fully** matches the item. It does not have to be verbatim. It must **NOT** add different information.
- **Partially Consistent Example:** “Do at least 5 to 10-minute exercise.” This is **NOT** fully consistent with item 4. Do **NOT** code as a “yes.”
- **Inconsistent Example,** “Do at least 300 minutes/week of moderate exercise to lose weight.” This does **NOT** match items 8-9. Weight-loss is **NOT** stated to be as an “additional benefit.” Do **NOT** code as a “yes.”

The below items **apply** to: advice, encouragements, instructions, prompts, recommendations, suggestions.

Items	<u>0</u>	<u>1</u>
	No	Yes
Aerobic (endurance) PA Guidelines		
1. Attain 150 minutes (or 2 hours and 30 minutes) a week of moderate-intensity aerobic physical activity.		
2. Attain 75 minutes (or 1 hour and 15 minutes) a week of vigorous-intensity aerobic activity.		
3. Attain 75 minutes (or 1 hour and 15 minutes) a week of equivalent combination of moderate- and vigorous-intensity aerobic activity.		

4.	Perform aerobic activity in episodes of at least 10-minutes.	
5.	Preferably, aerobic activity should be spread throughout the week.	
6.	States aerobic activity should be done at least 3 days a week.	
7.	People gain health benefits even from 60 minutes a week of moderate-intensity aerobic activity.	

The below items **apply** to: advice, encouragements, instructions, prompts, recommendations, suggestions.

Items	<u>0</u> No	<u>1</u> Yes
States for Additional and More Extensive Health Benefits...		
8.	Increase aerobic activity to /do 300 minutes (or 5 hours) a week of moderate-intensity physical activity.	
9.	Increase aerobic activity to /do 150 minutes a week of vigorous-intensity physical activity? No = 0. Yes = 1.	
10.	Increase aerobic activity to /do 150 minutes a week of an equivalent combination of moderate- and vigorous-intensity physical activity? No = 0. Yes = 1.	
Muscle-Strengthening PA Guidelines		
11.	Do moderate OR high intensity activity that involves ALL major muscle groups ON 2 or more days the week	
12.	Do at least ONE set of 8-12 repetitions of each exercise for muscle strengthening.	
Inactive Adults PA Guidelines** **[Must be directed at Inactive Adults]**		
13.	Gradually work up to 150 minutes of physical activity.	
14.	Avoid inactivity [AND/OR] Any amount of physical activity is better than none.	
15.	Initial intensity should be light or moderate, for short periods of time, spread throughout the week.	
16.	Start with 1 day a week of light or moderate level effort for muscle-strengthening activity.	
17.	Could slightly increase effort (intensity) until it becomes moderate to high.	