



# Spanish Exercise Behaviors

Durante la semana pasada, aún si no fue una semana normal, ¿cuánto tiempo en total usó (en toda la semana) en cada de las siguientes actividades? (Por favor marque una respuesta para cada frase.)

¿Cuánto tiempo en toda la semana...	Ninguno	Menos de 30 minutos/ semana	30-60 minutos/ semana	1-3 horas/ semana	Más de 3 horas/ semana
1. Hacer ejercicios para estirar y fortalecer los músculos.....0		1	2	3	4
2. Caminar.....0		1	2	3	4
3. Nadar o hacer ejercicios en el agua.....0		1	2	3	4
4. Andar en bicicleta (incluyendo bicicletas estacionarias).....0		1	2	3	4
5. Usar máquinas para ejercicios (como escaleras, remar, etc.).....0		1	2	3	4
6. Hacer otro ejercicio aeróbico (Especifique: _____).....0		1	2	3	4

## Scoring

Code each item as the number circled, then convert as follows. If two consecutive numbers are circled, code the lower number (less exercise). If two non-consecutive numbers are circled, do not score the item. For "Other aerobic", try to fit the type of exercise into the existing aerobic categories (i.e., treadmill as "other aerobic equipment"), otherwise leave as "other aerobic" (i.e., "dancing"). However, if exercise that is **not** aerobic, such as yoga or weight training, do not score as aerobic. Yoga, weight training, tai chi, etc., should be scored as "stretching or strengthening".

Each category is converted to the number of minutes below. Time spent in stretching or strengthening is the value for item 1. Time spent in aerobic exercise is the sum of the values for items 2 through 6.

Ninguno	Menos de 30 minutos/ semana	30-60 minutos/ semana	1-3 horas/ semana	Más de 3 horas/ semana
0	15	45	120	180

## Characteristics

Stretching/strengthening (minutes/week) tested on 270 Spanish-speaking subjects. N=25 for test-retest.

No. of items	Observed Range	Mean	Standard Deviation	Internal Consistency Reliability	Test-Retest Reliability
1	0-180	36.9	52.7	—	.91

Aerobic exercise (minutes/week) tested on 270 Spanish-speaking subjects. N=51 for test-retest.

No. of items	Observed Range	Mean	Standard Deviation	Internal Consistency Reliability	Test-Retest Reliability
5	0-360	66.6	85.9	—	.89

## Source of Psychometric Data

Stanford Spanish Outcome Measures Study. Results for test-retest reported in: González V, Stewart A, Ritter P, Lorig K, Translation and validation of arthritis outcome measures into Spanish. *Arthritis and Rheumatism*, 38(10),1995, p.1433-34. Means not published.

## Comments

We used this scale to measure both aerobic and a combination of stretching strengthening exercise for many years.

## References

González V, Stewart A, Ritter P, Lorig K, Translation and validation of arthritis outcome measures into Spanish. *Arthritis and Rheumatism*, 38(10),1995, p.1433-34.

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