

CUESTIONARIO INTERNACIONAL DE ACTIVIDAD FÍSICA (IPAQ)

| | |
|---|--|
| <p>Piense en todas las actividades VIGOROSAS que usted realizó en los últimos 7 días. Las actividades físicas intensas se refieren a aquellas que implican un esfuerzo físico intenso y que lo hacen respirar mucha más intensamente que lo normal. Piense sólo en aquellas actividades físicas que realizó durante por lo menos 10 minutos seguidos.</p> | |
| <p>1. Durante los últimos 7 días ¿En cuántos realizó actividades físicas vigorosas tales como levantar pesos pesados, cavar, hacer ejercicios aeróbicos o andar rápido en bicicleta?</p> | <p><input checked="" type="checkbox"/> 3 Días por semana <input type="checkbox"/> Ninguna actividad física intensa (vaya a la pregunta 3)</p> |
| <p>2. Habitualmente, ¿Cuánto tiempo en total dedicó a una actividad física intensa en uno de esos días? (ejemplo: si practicó 20 minutos marque 0 h y 20 min)</p> | <p><input type="checkbox"/> Horas por día <input checked="" type="checkbox"/> 25 Minutos por día <input type="checkbox"/> sabe/no está seguro</p> |
| <p>Piense en todas las actividades MODERADAS que usted realizó en los últimos 7 días. Las actividades moderadas son aquellas que requieren un esfuerzo físico moderado que lo hace respirar algo más intensamente que lo normal. Piense solo en aquellas actividades que realizó durante por lo menos 10 minutos seguidos.</p> | |
| <p>3. Durante los últimos 7 días, ¿En cuántos días hizo actividades físicas moderadas como transportar pesos livianos, andar en bicicleta a velocidad regular o jugar a dobles en tenis? No incluya caminar.</p> | <p><input checked="" type="checkbox"/> 4 Días por semana <input type="checkbox"/> Ninguna actividad física intensa (vaya a la pregunta 5)</p> |
| <p>4. Habitualmente, ¿Cuánto tiempo en total dedicó a una actividad física moderada en uno de esos días? (ejemplo: si practicó 20 minutos marque 0 h y 20 min)</p> | <p><input type="checkbox"/> Horas por día <input checked="" type="checkbox"/> 90 Minutos por día <input type="checkbox"/> No sabe/no está seguro</p> |
| <p>Piense en el tiempo que usted dedicó a CAMINAR en los últimos 7 días. Esto incluye caminar en el trabajo o en la casa, para trasladarse de un lugar a otro, o cualquier otra caminata que usted podría hacer solamente para la recreación, el deporte, el ejercicio o el ocio.</p> | |
| <p>5. Durante los últimos 7 días, ¿En cuántos caminó por lo menos 10 minutos seguidos?</p> | <p><input checked="" type="checkbox"/> 7 Días por semana <input type="checkbox"/> Ninguna actividad física intensa (vaya a la pregunta 7)</p> |
| <p>6. Habitualmente, ¿Cuánto tiempo en total dedicó a caminar en uno de esos días?</p> | <p><input type="checkbox"/> Horas por día <input checked="" type="checkbox"/> 15 Minutos por día <input type="checkbox"/> sabe/no está seguro</p> |

Ipq H19user Guide

Didier Musso



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Table of Contents Ipaq H19user Guide

1. Understanding the eBook Ipaq H19user Guide
 - The Rise of Digital Reading Ipaq H19user Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Ipaq H19user Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Ipaq H19user Guide
 - User-Friendly Interface

4. Exploring eBook Recommendations from Ipaq H19user Guide
 - Personalized Recommendations
 - Ipaq H19user Guide User Reviews and Ratings
 - Ipaq H19user Guide and Bestseller Lists
5. Accessing Ipaq H19user Guide Free and Paid eBooks
 - Ipaq H19user Guide Public Domain eBooks
 - Ipaq H19user Guide eBook Subscription Services
 - Ipaq H19user Guide Budget-Friendly Options
6. Navigating Ipaq H19user Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Ipaq H19user Guide Compatibility with Devices
 - Ipaq H19user Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Ipaq H19user Guide
 - Highlighting and Note-Taking Ipaq H19user Guide
 - Interactive Elements Ipaq H19user Guide
8. Staying Engaged with Ipaq H19user Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Ipaq H19user Guide
9. Balancing eBooks and Physical Books Ipaq H19user Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Ipaq H19user Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Ipaq H19user Guide
 - Setting Reading Goals Ipaq H19user Guide
 - Carving Out Dedicated Reading Time

12. Sourcing Reliable Information of Ipaq H19user Guide
 - Fact-Checking eBook Content of Ipaq H19user Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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