

**Table. Supplemental Digital Content 3:** Interclass correlations coefficient (ICC), Spearman's rank correlation ( $\rho$ ), Kappa statistics ( $\kappa$ ), and 95% confidence interval (95% CI) for test-retest reliability <sup>a</sup>, and concurrent validity <sup>b</sup> of the Muscle-Strengthening Exercise Questionnaire (MSEQ)-Short items.

MSEQ-Short items (All types of MSE combined)	Test-retest reliability <sup>a</sup>				Concurrent validity <sup>b</sup>	
	ICC (95%CI)	$\rho$ (95% CI)	$\kappa$ (95% CI)	% Agreement	ICC (95%CI)	$\rho$ (95% CI)
Days per week (usual week)	0.58 (0.40-0.73)	0.91 (0.85-0.95)	–	–	0.56 (0.37-0.71)	0.58 (0.35-0.76)
Duration (minutes/per day)	0.69 (0.55-0.80)	0.89 (0.78-0.95)	–	–	0.46 (0.24-0.64)	0.73 (0.59-0.83)
Level of intensity <sup>c</sup>	0.51 (0.31-0.68)	0.82 (0.66-0.92)	–	–	0.18 (-0.06-0.42)	0.45 (0.18-0.67)
Muscle groups targeted						
Legs	–	–	0.41 (0.22-0.58)	79.6	–	–
Hips	–	–	0.51 (0.34-0.66)	79.6	–	–
Back	–	–	0.45 (0.26-0.63)	81.5	–	–
Abdomen	–	–	0.35 (0.17-0.52)	77.8	–	–
Chest	–	–	0.41 (0.22-0.59)	77.8	–	–
Shoulders	–	–	0.44 (0.24-0.60)	83.3	–	–
Arms	–	–	0.47 (0.29-0.64)	77.8	–	–

<sup>a</sup> Test and retest of MSEQ was conducted a maximum of 14 days apart.

<sup>b</sup> To assess the concurrent validity, respondents completed the MSE 7-day log for 7 consecutive days a maximum of 14 days after the first administration.

<sup>c</sup> To assess level of intensity, using the previously validated OMNI-Resistance Exercise Scale (Robertson et al., 2003), respondents was asked to report for each type of muscle-strengthening exercise “on a scale of 0-10 please indicate how hard you feel you exercise when you are doing ... with 0 representing “extremely easy” and 10 representing “extremely hard”.

<sup>d</sup> To assess muscle groups used, respondents were asked when they undertake muscle-strengthening exercise, do they do exercise that target the following muscle groups legs, hips, back, abdomen, chest, shoulders, and arms.

<sup>e</sup> Weight machines defined as using weight machines such as leg press, chest press, lat pulldown.

<sup>f</sup> Body weight exercises defined as doing push-ups, sit-ups.

<sup>g</sup> Resistance exercises defined as using resistance bands or free weights like dumbbells.

<sup>h</sup> Holistic exercises defined as doing Yoga, Tai-Chi and Pilates.

– results not applicable for this variable.