

Table 2 Exercise patterns in Kuwait

Exercise behaviour	Frequency	Valid %
<i>Time spent walking per day</i>		
(almost) never walk	183	17.2
1–20 min	319	29.9
21–30 min	193	18.1
31–60 min	141	13.2
> 1 h	109	10.2
> 2 h	122	11.4
<i>Average time per day spent doing other physical exercises</i>		
None	462	42.5
1–20 min	229	21.0
21–30 min	151	13.9
31–60 min	127	11.7
> 1 h	91	8.4
> 2 h	28	2.6
<i>Other physical exercises</i>		
Fast walking	141	13.4
Jogging	106	10.1
Swimming	63	6.0
Cycling	30	2.8
Yoga	28	2.7
Other	141	13.4
<i>Changes in time spent walking or doing physical exercises in the past year</i>		
Less	470	49.1
About the same	264	27.6
More	223	23.3