Table 1. Type of physical activity with corresponding hours per week among the participants.

| Participant | Type of physical activity or exercise                        | Hours per week (number) |
|-------------|--------------------------------------------------------------|-------------------------|
| 1           | Football and basketball                                      | 5                       |
| 2           | Pilates and tap dancing                                      | 3                       |
| 3           | Basketball                                                  | 2                       |
| 4           | Rock climbing                                               | 8                       |
| 5           | Gym classes and netball                                     | 4                       |
| 6           | Walking                                                     | 3                       |
| 7           | Football, basketball, and gym                               | 10                      |
| 8           | Basketball                                                  | 2                       |
| 9           | Soccer, weightlifting, and basketball                       | 6                       |
| 10          | Soccer and volleyball                                       | 10                      |
| 11          | Power lifting                                               | 8-10                    |
| 12          | Skating                                                     | 30                      |
| 13          | Weightlifting                                               | 5                       |
| 14          | None                                                        | -                       |
| 15          | None                                                        | -                       |
| 16          | Swimming                                                    | 2                       |