To whom it may concern,

I would like to submit the following brief contribution or suggestion:

Section 18 refers to the domains which physical activity can be undertaken and goes on to classify these into the three: work, active transport and leisure. Does the broad domain of work contain both occupational and domestic work, and if so then I feel that this should be explained, as is with the other two domains. If the “work domain” only includes occupational work then my own personal opinion would be to include domestic activities as a fourth domain. Research has stated that physical activity can be broken down into four life domains: occupational, transport, leisure and domestic (1–4). Research has found that domestic activities can make up large proportions of total physical activity, especially for older individuals and individuals who are insufficiently active (1,2). Magnifying the importance of domestic physical activity is the fact it has been included in a number of measurement tools used globally such as the International Physical Activity Questionnaire (IPAQ) and the National Health and Nutrition Examination Survey (NHANES). Finally, gardening has been included as a form/example of physical activity, which I would see as a form of domestic activity.

These brief justifications, in my own opinion, suggest that domestic activities should either; i) be included under the broad domain of work; or ii) be included as a forth domain of physical activity.

I would like to take this opportunity to thank you for reading my contribution.

Kind regards,

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