We would like to thank Henkens et al. (1) for their interest and comments on our paper (2). Our paper
concerns the change in nonsports leisure-time physical activity and sports participation relative to the change in work-related transport physical activity after retirement. We agree with Henkens et al. that it is hard to evaluate a change in physical activity for participants in the highest category that spent >2 hours/week on nonsports leisure-time physical activity or sports participation. Studies for which data on a continuous or a more detailed categorical variable for time are available should be able to more precisely examine changes within this category. Yet, we believe that this would not essentially alter our conclusion. The majority of individuals in the highest category of nonsports leisure-time physical activity were already in that category in 1991, which reduces the possibility of major changes (both for retirees and those still employed) after follow-up. Then, it is not very likely that an increase in hours of physical activity within the highest category would compensate for the decline in work-related transport physical activity for the retirees. Indeed, the decline in work-related transport physical activity is expectedly inevitable, while increasing hours of physical activity after retirement is a choice to be made by individuals within their (perceived) possibilities. In addition, the population health benefits of increased physical activity will be achieved mainly by people moving from the lowest to a higher category rather than from people in the highest category further increasing their hours of physical activity. Our results, therefore, remain reason for concern.

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