

Propositions accompanying the thesis

**Activity and health:  
Epidemiological studies in older adults**

1. In Dutch older adults, higher levels of cycling are associated with lower risk of cardiovascular disease and mortality. *(this thesis)*
2. Persons with better sleep duration and efficiency lose less weight with increasing age. *(this thesis)*
3. Both self-reported and objective activity measures are required to obtain an optimal measurement of activity. *(this thesis)*
4. Physical activity will delay the onset of cardiovascular disease, but will not reduce the life years lived with cardiovascular disease. *(this thesis)*
5. Disability should always be considered in analyses of activity and health. *(this thesis)*
6. Watching television is not a good proxy of overall sedentary behavior.
7. Observational studies in large populations are essential to understand the long term health effects of physical activity.
8. Sedentary behavior is not the new smoking.
9. "The combination of some data and an aching desire for an answer does not ensure that a reasonable answer can be extracted from a given body of data." – John Tukey
10. Men and women should be treated equally, except in medical care.
11. "There is no elevator to success; you have to take the stairs." – Anonymous

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