

## **2) Living like a civilian – acting like a Military. Determinants of physical activity among Norwegian Reservists**

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Physical ability among all military personnel is more or less dependent on the personnel's daily life style outside service. Their physical capacity in professional situations is not only dependent on what they have done during their daily work, yet also to some extent dependent on what they have been doing during their non-professional free time at evenings, on Sundays, on vacation etc. For Reservists this relative dependency seems to be obvious. Unless Reservists, who act in a Military settings less than 3 % of the year and work and live like civilians the remaining 97 % of the year, receive support for physical activity or in other ways are affected by the Military to stay active, their physical activity level is probably determined by intrapersonal variables, social variables and physical environmental variables which is out of the Military system's control.

This paper is based on the study "Physically Active Reservists" (PACTRES). The aim of PACTRES is to analyze determinants of physical activity and physical performance in a representative random sample of all Reservists in Norway (n=4000). The data will be collected during May/June 2006 and the paper will present preliminary results of the study. Based on the data and well documented literature it will be discussed whether or not Military leaders in some way have to influence the activity level of military personnel outside service, and eventually how this can be performed.