Results
The 2-year tracking coefficients are moderate to high for total exercise activity (Figure 1) ranging from .38 to .77 with a median of .57 across all possible ages at baseline. Tracking decreases as the distance to follow-up increases, down to a median of .38 for the 22-year follow-up. Tracking increases with age at baseline, such that when people get older their (absence of) exercise behavior becomes more and more stable. The patterns of tracking seen in total exercise activity were largely similar for the specific activities in the solitary, competitive, non-competitive, externally and internally paced exercise domains. Only for team-based activities tracking decreased as people get older (see Figure 2).

Conclusion
We conclude that voluntary exercise behaviour is moderate to highly stable across the life span. In particular in adulthood, the tracking of exercise behavior mimics that of a classical behavioural trait like personality. This trait-like stability reinforces existing evidence that exercise habits are hard to change, but at the same time suggests that interventions that do succeed in the adoption of exercise habits tend to have lasting effects.