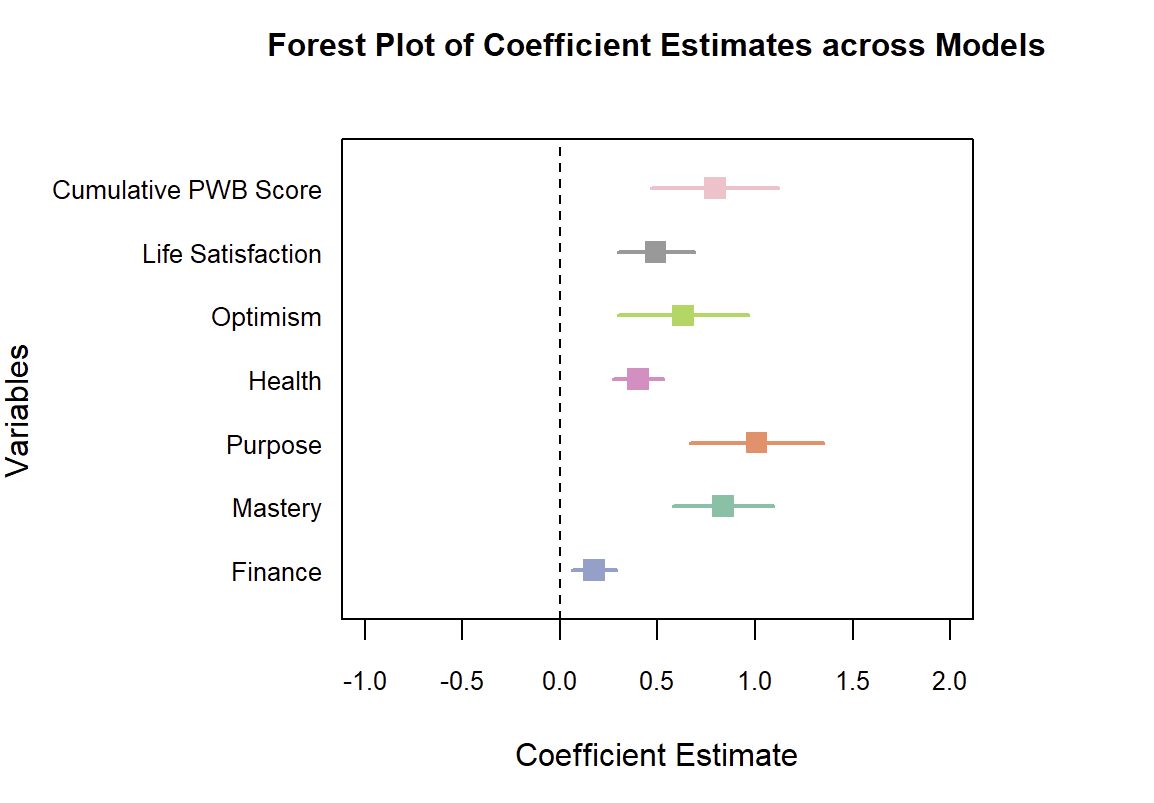
**Table 2. Beta coefficients for the Associations of Change in Psycholgical Well-Being (2006/2008 ~ 2010/2012) with Physical Activity participation (2016), Health and Retirement Study (N = 6840)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | LS | Optimism | Purpose | Mastery | Finance | Health | Cumulative Psychological Wellbeing Score |
|  | β (p-value) | β (p-value) | β (p-value) | β (p-value) | β (p-value) | β (p-value) | β (p-value) |
| Model 1: PA2016 ~ Y68 + Y1012 | 0.943 (p=0.000) | 0.850 (p=0.000) | 1.152 (p=0.000) | 1.148 (p=0.000) | 0.339 (p=0.022) | 0.964 (p=0.000) | 0.930 (p=0.000) |
| Model 2: Model 1 + Age & Sex | 0.942 (p=0.000) | 0.879 (p=0.000) | 1.087 (p=0.000) | 1.072 (p=0.000) | 0.403 (p=0.006) | 0.971 (p=0.000) | 0.910 (p=0.000) |
| Model 3: Model 2 + Social factora | 0.730 (p=0.000) | 0.603 (p=0.000) | 0.919 (p=0.000) | 0.899 (p=0.000) | 0.432 (p=0.003) | 0.884 (p=0.000) | 0.794 (p=0.000) |

a Social factors: education, race, income, wealth

Every Single P value is significant. There seems to be a positive linear relationship between PA and all the PWB factors.

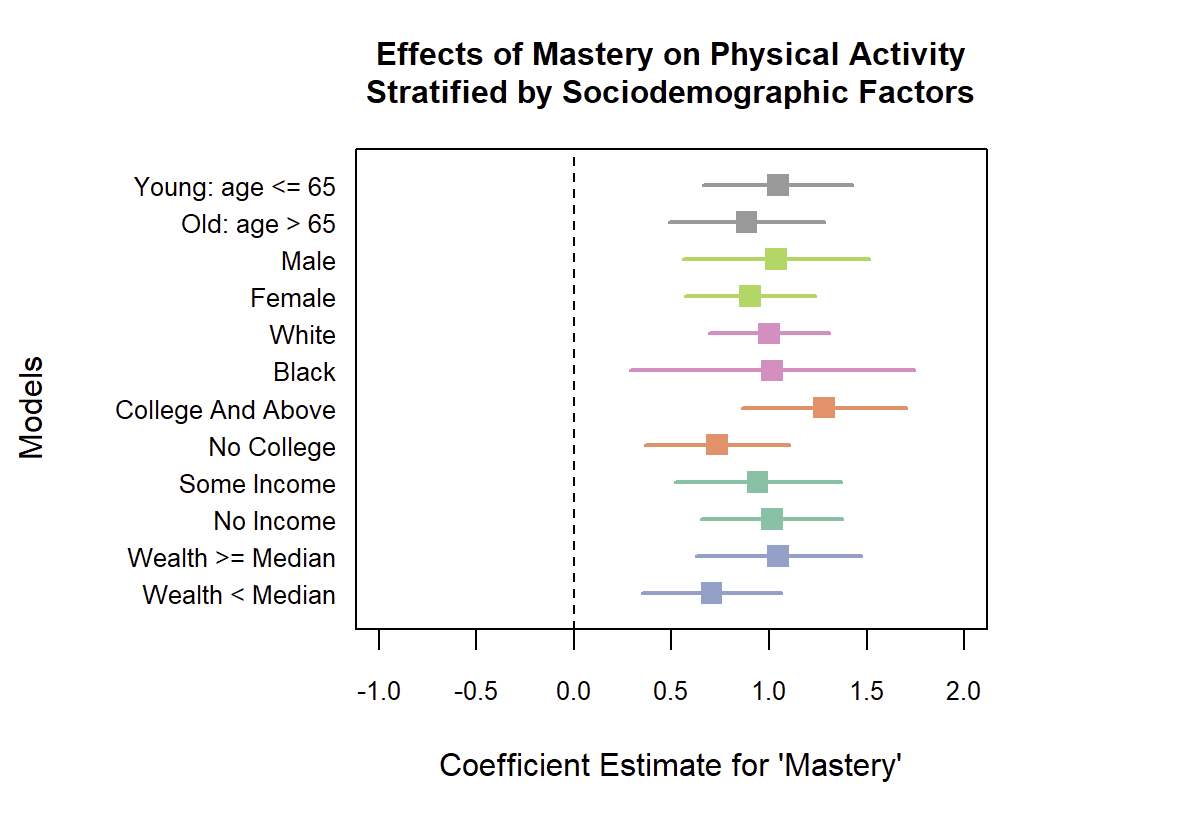
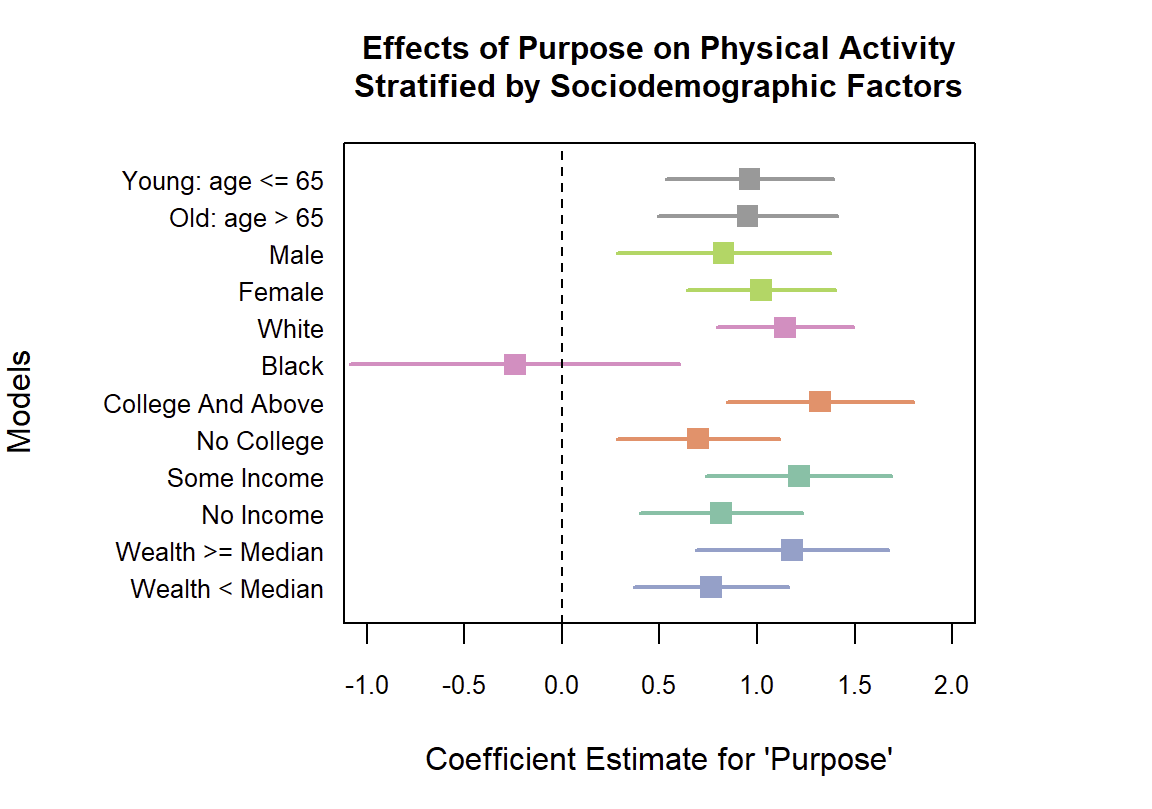
A graph of a graph with colored lines

Description automatically generated with medium confidence

A graph with colored squares and lines

Description automatically generated with medium confidenceA graph with colored squares and lines

Description automatically generated with medium confidence



A graph with colored squares and lines

Description automatically generatedA graph with colored squares and lines

Description automatically generated with medium confidence