

**Physical
activity
measures in
light
intensity**

| Time, | 133 | 80 | 147 | 155 | 156 | 142 | 147 | 112 | 208 | 140 | <0.000 |
|-------------------------|--------------------------|--------------------------|-------------------------|-------------------------|--------------------------|----------------------|-------------------------|--------------------------|------------------------|--------------------------|--------|
| min·day ⁻¹ | (86 – 184) ^{§§} | (53 – 158) ^{§§} | (98 – 194) | (109 – | (90 – 203) ^{††} | (85 – 201) | (101 – | (60 – 167) ^{§§} | (135 – | (98 – 187) ^{††} | 1 |
| | | | | 198) ^{††} | | | 209) ^{††} | | 248) | | |
| EE, METs- | 356 | 224 | 412 | 446 | 839 | 400 | 433 | 1469 | 484 | 415 | <0.000 |
| min·day ⁻¹ | (252 – | (159 – | (299 – | (322 – | (376 – | (183 – | (272 – | (928 – | (307 – | (268 – | 1 |
| | 500) ^{¶,†,††} | 373) [¶] | 584) ^{¶,††,††} | 612) ^{¶,††,††} | 1914) ^{¶,††} | 586) ^{¶,††} | 594) ^{¶,††,††} | 2136) | 687) ^{¶,††} | 552) ^{¶,††,††} | |
| Time in ≥10- | 6 | 0 | 6 | 11 | 8 | 7 | 11 | 8 | 16 | 9 | <0.000 |
| min bouts, | (0 – 19) [†] | (0 – 6) | (0 – 21) | (3 – 28) ^{††} | (0 – 26) ^{††} | (0 – 25) | (3 – 32) ^{††} | (0 – 22) | (6 – 30) ^{††} | (3 – 22) ^{††} | 1 |
| min·day ⁻¹ | | | | | | | | | | | |
| Frequency of | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0.002 |
| ≥10-min | (0 – 2) [†] | (0 – 1) | (0 – 2) | (0 – 2) ^{††} | (0 – 2) | (0 – 2) | (0 – 2) ^{††} | (0 – 2) | (0 – 2) ^{††} | (0 – 2) | |
| bouts, | | | | | | | | | | | |
| bouts·day ⁻¹ | | | | | | | | | | | |
| Average | 13 | 12 | 12 | 13 | 13 | 13 | 13 | 13 | 13 | 12 | 0.79 |