

	(11 – 14)	(11 – 15)	(12 – 14)	(12 – 14) ^{†‡}	(12 – 14)	(12 – 13)	(11 – 14) ^{†‡}	(11 – 15)	(12 – 14) ^{†‡}	(11 – 14) ^{†‡}
duration of ≥10-min bouts, min·bout ⁻¹										
EE in ≥10-min bouts, METs· min·day ⁻¹	16	0	20	33	48	19	32	111	40	26
bouts, METs· min·day ⁻¹	(0 – 53) ^{†,†‡}	(0 – 16) [¶]	(0 – 65) [¶]	(9 – 77) ^{‡‡}	(0 – 160) ^{‡‡}	(0 – 75)	(8 – 86) ^{‡‡}	(0 – 240)	(14 – 82) ^{‡‡}	(10 – 65) ^{¶,‡‡}
Physical activity measures in moderate- to-vigorous intensity										
Time, min·day ⁻¹	47	26	54	68	51	45	77	35	69	45
EE, METs· min·day ⁻¹	(23 – 96) ^{†‡§}	(15 – 46)	(27 – 101) ^{‡‡}	(33 – 123) ^{†‡}	(26 – 118) ^{‡‡}	(23 – 67)	(48 – 126) ^{†‡}	(19 – 74) ^{†§}	(37 – 122) ^{†‡}	(19 – 121)
	217	114	262	312	491	241	334	747	304	190
	(102 – 405) [¶]	(73 – 198) [¶]	(131 – 451) ^{¶,†‡,†‡}	(152 – 589) ^{¶,‡‡}	(169 – 1362) ^{¶,‡‡}	(72 – 563) [¶]	(197 – 566) ^{¶,‡‡}	(367 – 1427)	(159 – 611) [¶]	(92 – 307) ^{¶,†‡,§}