

Daily physical activity measures after stratification for sex

Table XXI Daily physical activity measures after stratification for sex.

N	Measure	Male	Female	P-value
Physical activity measures in very light intensity				
	Time, min·day ⁻¹	807 (711–911)	790 (706–879)	0.09
	EE, METs·min·day ⁻¹	1091 (877–1358)	875 (737–1258)	<0.0001
	Time in ≥10-min bouts, min·day ⁻¹	666 (547–789)	646 (527–770)	0.07
	Frequency of ≥10-min bouts, bouts·day ⁻¹	18 (16–21)	18 (16–21)	0.60
	Average duration of ≥10-min bouts, min·bout ⁻¹	35 (28–43)	33 (28–41)	0.08
	EE in ≥10-min bouts, METs·min·day ⁻¹	894 (676–1200)	734 (554–1128)	<0.0001
Physical activity measures in light intensity				
	Time, min·day ⁻¹	137 (89–185)	155 (102–205)	0.002
	EE, METs·min·day ⁻¹	443 (294–652)	420 (276–663)	0.36
	Time in ≥10-min bouts, min·day ⁻¹	6 (0–18)	13 (3–29)	<0.0001
	Frequency of ≥10-min bouts, bouts·day ⁻¹	1 (0–1)	1 (0–2)	<0.0001
	Average duration of ≥10-min bouts, min·bout ⁻¹	12 (11–14)	13 (12–14)	0.008
	EE in ≥10-min bouts, METs·min·day ⁻¹	21 (0–65)	35 (6–96)	0.001