

duration of	(11 – 14)	(11 – 15)	(12 – 14)	(12 – 14) ^{††}	(12 – 14)	(12 – 13)	(11 – 14) ^{††}	(11 – 15)	(12 – 14) ^{††}	(11 – 14) ^{††}	
≥10-min											
bouts,											
min·bout ⁻¹											
EE in ≥10-min	16	0	20	33	48	19	32	111	40	26	<0.000
bouts, METs-	(0 – 53) ^{¶,†,††}	(0 – 16) [¶]	(0 – 65) [¶]	(9 – 77) ^{††}	(0 – 160) ^{††}	(0 – 75)	(8 – 86) ^{††}	(0 – 240)	(14 – 82) ^{††}	(10 – 65) ^{¶,††}	1
min·day ⁻¹											
Physical											
activity											
measures in											
moderate-											
to-vigorous											
intensity											
Time,	47	26	54	68	51	45	77	35	69	45	<0.000
min·day ⁻¹	(23 – 96) ^{††,§}	(15 – 46)	(27 –	(33 –	(26 – 118) ^{††}	(23 – 67)	(48 –	(19 – 74) ^{†,§}	(37 –	(19 – 121)	1
			101) ^{††}	123) ^{††}			126) ^{††}		122) ^{††}		
EE, METs-	217	114	262	312	491	241	334	747	304	190	<0.000
min·day ⁻¹	(102 –	(73 –	(131 –	(152 –	(169 –	(72 –	(197 –	(367 –	(159 –	(92 –	1
	405) [¶]	198) [¶]	451) ^{¶,††,††}	589) [¶] , ^{††}	1362) ^{††}	563) [¶]	566) [¶] , ^{††}	1427)	611) [¶]	307) ^{¶,†,††,§}	