

Table XVII Daily physical activity measures after stratification for seasons of the year.

Measure	Winter	Spring	Summer	Autumn	P-value
N	229	175	264	333	-
Physical activity measures in very light intensity					
Time, min·day ⁻¹	797 (715 – 892)	816 (705 – 927)	802 (707 – 896)	801 (715 – 910)	0.72
EE, METs·min·day ⁻¹	993 (800 – 1224)	976 (807 – 1219)	1062 (830 – 1464)*	1064 (834 – 1509)*	0.002
Time in ≥10-min bouts, min·day ⁻¹	651 (544 – 769)	668 (546 – 812)	662 (531 – 767)	646 (538 – 795)	0.75
Frequency of ≥10-min bouts, bouts·day ⁻¹	18 (15 – 21)	18 (16 – 20)	19 (16 – 21)	18 (16 – 21)	0.33
Average duration of ≥10-min bouts, min·bout ⁻¹	34 (28 – 42)	36 (29 – 45)	33 (28 – 41)	34 (28 – 43)	0.33
EE in ≥10-min bouts, METs·min·day ⁻¹	797 (615 – 1086)	809 (587 – 1089)	896 (639 – 1242)*	869 (647 – 1299)*	0.005
Physical activity measures in light intensity					
Time, min·day ⁻¹	138 (93 – 200)	138 (82 – 200)	148 (101 – 196)	141 (91 – 184)	0.82
EE, METs·min·day ⁻¹	420 (275 – 577)	433 (272 – 588)	486 (308 – 725)*	432 (293 – 711)	0.01
Time in ≥10-min bouts, min·day ⁻¹	7 (0 – 21)	7 (0 – 26)	8 (3 – 26)	7 (0 – 20)	0.66
Frequency of ≥10-min bouts, bouts·day ⁻¹	1 (0 – 2)	1 (0 – 2)	1 (0 – 2)	1 (0 – 2)	0.56
Average duration of ≥10-min bouts, min·bout ⁻¹	12 (11 – 14)	13 (12 – 15)	13 (12 – 14)	12 (11 – 14)	0.03
EE in ≥10-min bouts, METs·min·day ⁻¹	24 (0 – 58)	23 (0 – 79)	32 (6 – 93)	26 (0 – 75)	0.26
Physical activity measures in moderate-to-vigorous intensity					
Time, min·day ⁻¹	57 (26 – 105)	49 (25 – 93)	55 (28 – 95)	49 (25 – 102)	0.59