

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