

EE, METs-	913	1052	1046	975	1753	1027	950	4543
min·day ⁻¹	(781 –	(743 –	(877 –	(800 –	(993 –	(783 –	(790 –	(3294 –
	1170)¶,†	1299)¶,†	1207)¶,†	1191)¶,†	3989)¶	1308)¶,†	1139)¶,†	5473)
Time in ≥10-	666	767	675	630	643	675	629	700
min bouts,	(558 – 787)	(605 – 899)	(552 –	(519 –	(500 –	(504 –	(542 – 757)	(559 – 808)
min·day ⁻¹			800)	742)‡	757)‡	891)		
Frequency of	18	18	20	18	18	18	17	16
≥10-min bouts	(16 – 21)¶	(15 – 20)	(17 – 22)¶	(16 – 21)¶	(15 – 21)¶	(14 – 22)	(16 – 20)‡	(14 – 19)
bouts, bout·day ⁻¹								
Average	36	40	32	33	32	35	40	26
duration of ≥10-min bouts,	(29 – 44)§§	(31 – 58)§§	(27 – 40)¶	(27 – 41)¶,§§	(26 – 41)¶	(27 – 49)	(29 – 42)§§	(32 – 53)
min·bout ⁻¹								
EE in ≥10-min bouts, METs-	762	942	848	766	1397	876	738	3928
min·day ⁻¹	(591 –	(612 –	(665 –	(594 –	(791 –	(542 –	(600 –	(2621 –
	1036)¶,†	1034)¶,†	1201)¶	1024)¶,†	3120)¶	1137)¶,†	970)	(439 –
								(645 –
								1065)¶,†