|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Change in MVPA vs. | Change in total energy intakes | | Change in protein intakes | | Change in carbohydrate intakes | | Change in fat intakes | |
| Nutrition parameters | Baseline  + 1-year | Baseline  +2-year | Baseline  + 1-year | Baseline  +2-year | Baseline  + 1-year | Baseline  +2-year | Baseline  + 1-year | Baseline  +2-year |
| R = 0.05  (ns) | R = -0.041  (ns) | R = 0.029  (ns) | R = -0.109  (ns) | R = -0.04  (ns) | R = 0.23  (p=0.044) | R = -0.06  (p=ns) | R = -0.12  (p=ns) |
| Change in MVPA vs. | Change in weight | | Change in waist circumference | |  | |  | |
| Body composition parameters | Baseline  + 1-year | Baseline  +2-year | Baseline  + 1-year | Baseline  +2-year |
| R = -0.10  (ns) | R = -0.01  (ns) | R = 0.06  (ns) | R = -0.02  (ns) |
| Change in MVPA vs. | Change in resting HR | | Change in mean arterial pressure | | Change in baPVW | |  | |
| Vascular parameters | Baseline  + 1-year | Baseline  +2-year | Baseline  + 1-year | Baseline  +2-year | Baseline  + 1-year | Baseline  +2-year |
| R = -0.05  (ns) | R = -0.15  (ns) | R = -0.01  (ns) | R = 0.01  (ns) | R = -0.04  (ns) | R = -0.07  (ns) |
| Change in MVPA vs. | Change in blood glucose | | Change in HbA1c | | Change in TG | | Change in total cholesterol | |
| Blood markers | Baseline  + 1-year | Baseline  +2-year | Baseline  + 1-year | Baseline  +2-year | Baseline  + 1-year | Baseline  +2-year | Baseline  + 1-year | Baseline  +2-year |
| R = 0.06  (ns) | R = 0.11  (ns) | R = 0.03  (ns) | R = -0.04  (ns) | R = -0.03  (ns) | R = -0.08  (ns) | R = -0.08  (ns) | R = -0.01  (ns) |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Change in MVPA vs. | Change in trunk flexibility | | Change in vertical jump height | | Change in VO2PEAK | |  |
| Physical fitness parameters | Baseline  + 1-year | Baseline  +2-year | Baseline  + 1-year | Baseline  +2-year | Baseline  + 1-year | Baseline  +2-year |
| R = -0.03  (ns) | R = 0.19  (ns) 1 | R = 0.09  (ns) | R = -0.04  (ns) | R = 0.07  (ns) | R = 0.22  (ns) 1 |