

Table Supplemental Digital Content 1. Age-adjusted regression models for knee extension, hand grip and vertical jumping height.

	Knee extension strength, N			Hand grip strength, N			Vertical jumping height, m		
	<i>B</i>	<i>CI</i>	<i>p</i>	<i>B</i>	<i>CI</i>	<i>p</i>	<i>B</i>	<i>CI</i>	<i>p</i>
(Intercept)	465.22	439.22 – 491.22	<.001	330.20	315.26 – 345.14	<.001	0.19	0.18 – 0.20	<.001
Menopausal status ^a									
Perimenopausal	7.68	-8.78 – 24.14	.360	-1.53	-11.07 – 8.01	.753	-0.00	-0.01 – 0.00	.241
Postmenopausal	-7.73	-25.99 – 10.53	.406	-18.52	-29.22 – -7.83	<.001	-0.01	-0.01 – -0.00	.040
Physical activity ^b									
Moderate	8.02	-9.91 – 25.95	.380	2.15	-8.08 – 12.38	.680	0.00	-0.00 – 0.01	.388
High	52.82	30.87 – 74.78	<.001	1.85	-10.88 – 14.58	.776	0.02	0.01 – 0.03	<.001
Body height	293.30	179.26 – 407.34	<.001	258.25	191.77 – 324.73	<.001	0.05	0.00 – 0.09	.029
Fat mass	0.91	0.07 – 1.74	.034	-0.30	-0.79 – 0.18	.217	-0.00	-0.00 – -0.00	<.001
Education	0.49	-6.84 – 7.81	.896	-2.82	-7.13 – 1.48	.199	0.00	0.00 – 0.01	.006
Age	-4.81	-8.38 – -1.23	.008	-1.84	-3.91 – 0.23	.082	-0.00	-0.00 – -0.00	.001
R ² / adj. R ²		.096 / .087			.097 / .089			.364 / .357	

B - represents differences between reference and respective categories

^a reference category is premenopausal group.

^b reference category is low physical activity level.