

Supplementary Table 1. Relations of MVPA measures to Risk Factors, adjusted for BMI

	Total MVPA*			MVPA ₁₀₊ †		MVPA _{<10} ‡		
	Beta coeff. (SE)	P value		Beta coeff. (SE)	P value	Beta coeff. (SE)	P value	
Triglycerides, mg/dl	-2.8 (0.69)	<0.0001		-2.0 (1.13)	0.08	-3.6 (1.1)	0.001	
HDL, mg/dl	0.81 (0.17)	<0.0001		1.05 (0.32)	0.001	0.60 (0.25)	0.02	
Framingham risk score, %	-0.14 (0.04)	0.001		-0.3 (0.07)	0.70	-0.24 (0.06)	0.0001	
Waist circumference, cm	-0.15 (0.06)	0.009		-0.13 (0.09)	0.16	-0.17 (0.09)	0.06	

Betas and odds ratios are presented per 10 minutes/day of MVPA.

* adjusted for age, sex, accelerometer wear time (avg/day), education level, self-reported general health and BMI

† adjusted for age, sex, accelerometer wear time (avg/day), education level, self-reported general health, MVPA_{<10}, and BMI

‡ adjusted for age, sex, accelerometer wear time (avg/day), education level, self-reported general health, MVPA₁₀₊, and BMI

Supplementary Table 2. Relations of MVPA measures to Risk Factors, by sex

Men (n=959)	Total MVPA*		MVPA ₁₀₊		MVPA _{<10} †‡	
	Beta coeff. (SE)	P value	Beta coeff. (SE)	P value	Beta coeff. (SE)	P value
HDL, mg/dl	0.74 (0.22)	0.009	0.88 (0.62)	0.16	0.66 (0.30)	0.03
Framingham risk score, %	-0.26 (0.08)	0.001	-0.22 (0.16)	0.17	-0.28 (0.09)	0.002
Waist circumference, cm	-0.46 (0.18)	0.010	-0.55 (0.34)	0.10	-0.40 (0.24)	0.10
BMI, kg/m ²	-0.14 (0.07)	0.05	-0.18 (0.12)	0.14	-0.12 (0.11)	0.26
	Odds Ratio (95% CI)	P value	Odds Ratio (95% CI)	P value	Odds Ratio (95% CI)	P value
Obesity	0.92 (0.85-1.00)	0.05	0.95 (0.82-1.10)	0.51	0.91 (0.82-1.008)	0.07

WOMEN (n=1150)	Beta coeff. (SE)	P value	Beta coeff. (SE)	P value	Beta coeff. (SE)	P value
HDL, mg/dl	1.54 (0.30)	<0.0001	1.71 (0.40)	<0.0001	1.28 (0.51)	0.13
Framingham risk score, %	-0. (0.03)	0.001	-0.09 (0.04)	0.02	-0.15 (0.06)	0.01
Waist circumference, cm	-1.5 (0.21)	<0.0001	-1.34 (0.30)	<0.0001	-1.80 (0.39)	<0.0001
BMI, kg/m ²	-0.60 (0.07)	<0.0001	-0.53 (0.09)	<0.0001	-0.70 (0.13)	<0.0001
	Odds Ratio (95% CI)	P value	Odds Ratio (95% CI)	P value	Odds Ratio (95% CI)	P value
Obesity	0.73 (0.65-0.81)	<0.0001	0.73 (0.61-0.88)	0.001	0.73 (0.61-0.87)	0.001

Betas and odds ratios are presented per 10 minutes/day of MVPA.

* adjusted for age, sex, accelerometer wear time (avg/day), education level and self-reported general health

† adjusted for age, sex, accelerometer wear time (avg/day), education level, self-reported general health and MVPA_{<10}

‡ adjusted for age, sex, accelerometer wear time (avg/day), education level, self-reported general health and MVPA₁₀₊