

Supplementary Table 6: Relationship between isocaloric z1 ILR coordinate and body fat percentage (MPA > 4MET, VPA > 7 METs)

Women n = 6148	coef	se	tstat	pval
SS:remaining behaviours	-0.18*	(0.11)	-1.65	0.10
LPA:remaining behaviours	0.89***	(0.12)	7.46	0.00
MPA:remaining behaviours	-0.23***	(0.05)	-4.33	0.00
VPA:remaining behaviours	-0.48***	(0.03)	-14.44	0.00
Total PAEE	-0.12***	(0.01)	-15.44	0.00

Men n = 5320	coef	se	tstat	pval
SS:remaining behaviours	-0.48***	(0.10)	-4.64	0.00
LPA:remaining behaviours	0.91***	(0.12)	7.86	0.00
MPA:remaining behaviours	-0.04	(0.07)	-0.65	0.52
VPA:remaining behaviours	-0.39***	(0.03)	-13.53	0.00
Total PAEE	-0.08***	(0.01)	-12.94	0.00

Note: Beta coefficients speak to direction and significance, but not magnitude of reallocation effect. SS = Sedentary or sleep, LPA = Light physical activity, MPA = Moderate physical activity, VPA = Vigorous physical activity.

*** p<0.01, ** p<0.05, * p<0.1