

Supplementary Table 3: Isocaloric substitution of physical activity energy expenditure and body fat percentage by tertile of PAEE.

Women				
Tertile 1				
Women n = 2050				
PAEE (kj/day/kg)	-0.27*** (-0.34 ; -0.21)			
	Substituted from SS	Substituted from LPA	Substituted from MPA	Substituted from VPA
Substituted to SS (% of PAEE)	<i>Dropped</i>	-0.11*** (-0.15 ; -0.06)	-0.06** (-0.11 ; -0.01)	0.27*** (0.16 ; 0.38)
Substituted to LPA (% of PAEE)	0.11*** (0.06 ; 0.15)	<i>Dropped</i>	0.05** (0.01 ; 0.08)	0.38*** (0.27 ; 0.48)
Substituted to MPA (% of PAEE)	0.06** (0.01 ; 0.11)	-0.05** (-0.08 ; -0.01)	<i>Dropped</i>	0.33*** (0.22 ; 0.44)
Substituted to VPA (% of PAEE)	-0.27*** (-0.38 ; -0.16)	-0.38*** (-0.48 ; -0.27)	-0.33*** (-0.44 ; -0.22)	<i>Dropped</i>
Tertile 2				
Women n = 2049				
PAEE (kj/day/kg)	-0.11*** (-0.18 ; -0.04)			
	Substituted from SS	Substituted from LPA	Substituted from MPA	Substituted from VPA
Substituted to SS (% of PAEE)	<i>Dropped</i>	-0.06 (-0.16 ; 0.04)	-0.01 (-0.11 ; 0.09)	0.20*** (0.09 ; 0.32)
Substituted to LPA (% of PAEE)	0.06 (-0.04 ; 0.16)	<i>Dropped</i>	0.05*** (0.01 ; 0.08)	0.26*** (0.20 ; 0.32)
Substituted to MPA (% of PAEE)	0.01 (-0.08 ; 0.11)	-0.05*** (-0.08 ; -0.01)	<i>Dropped</i>	0.22*** (0.15 ; 0.28)
Substituted to VPA (% of PAEE)	-0.20*** (-0.32 ; -0.09)	-0.26*** (-0.32 ; -0.20)	-0.21*** (-0.28 ; -0.15)	<i>Dropped</i>
Tertile 3				
Women n = 2049				
PAEE (kj/day/kg)	-0.12*** (-0.15 ; -0.09)			
	Substituted from SS	Substituted from LPA	Substituted from MPA	Substituted from VPA
Substituted to SS (% of PAEE)	<i>Dropped</i>	-0.08 (-0.24 ; 0.07)	-0.09 (-0.24 ; 0.07)	0.15* (-0.01 ; 0.31)
Substituted to LPA (% of PAEE)	0.08 (-0.07 ; 0.24)	<i>Dropped</i>	-0.00 (-0.04 ; 0.03)	0.24*** (0.19 ; 0.28)
Substituted to MPA (% of PAEE)	0.09 (-0.07 ; 0.25)	0.00 (-0.03 ; 0.04)	<i>Dropped</i>	0.24*** (0.19 ; 0.29)
Substituted to VPA (% of PAEE)	-0.15* (-0.31 ; 0.01)	-0.24*** (-0.28 ; -0.19)	-0.24*** (-0.29 ; -0.19)	<i>Dropped</i>
Men				
Tertile 1				
Men n = 1774				
PAEE (kj/day/kg)	-0.09*** (-0.14 ; -0.04)			
	Substituted from SS	Substituted from LPA	Substituted from MPA	Substituted from VPA
Substituted to SS (% of PAEE)	<i>Dropped</i>	-0.00 (-0.06 ; 0.05)	0.02 (-0.03 ; 0.08)	0.15*** (0.09 ; 0.22)
Substituted to LPA (% of PAEE)	0.00 (-0.05 ; 0.06)	<i>Dropped</i>	0.03 (-0.01 ; 0.06)	0.16*** (0.11 ; 0.20)
Substituted to MPA (% of PAEE)	-0.02 (-0.07 ; 0.03)	-0.03 (-0.06 ; 0.01)	<i>Dropped</i>	0.13*** (0.08 ; 0.18)
Substituted to VPA (% of PAEE)	-0.15*** (-0.22 ; -0.09)	-0.16*** (-0.20 ; -0.11)	-0.13*** (-0.18 ; -0.08)	<i>Dropped</i>
Tertile 2				
Men n = 1773				
PAEE (kj/day/kg)	-0.06** (-0.11 ; -0.00)			
	Substituted from SS	Substituted from LPA	Substituted from MPA	Substituted from VPA
Substituted to SS (% of PAEE)	<i>Dropped</i>	-0.08 (-0.20 ; 0.03)	-0.02 (-0.13 ; 0.09)	0.10* (-0.01 ; 0.21)
Substituted to LPA (% of PAEE)	0.09 (-0.03 ; 0.20)	<i>Dropped</i>	0.06*** (0.03 ; 0.09)	0.18*** (0.15 ; 0.22)
Substituted to MPA (% of PAEE)	0.02 (-0.09 ; 0.13)	-0.06*** (-0.09 ; -0.03)	<i>Dropped</i>	0.12*** (0.08 ; 0.16)
Substituted to VPA (% of PAEE)	-0.10* (-0.21 ; 0.02)	-0.18*** (-0.22 ; -0.15)	-0.12*** (-0.16 ; -0.08)	<i>Dropped</i>
Tertile 3				
Men n = 1773				
PAEE (kj/day/kg)	-0.08*** (-0.10 ; -0.05)			
	Substituted from SS	Substituted from LPA	Substituted from MPA	Substituted from VPA
Substituted to SS (% of PAEE)	<i>Dropped</i>	-0.55*** (-0.72 ; -0.38)	-0.48*** (-0.65 ; -0.31)	-0.37*** (-0.54 ; -0.20)
Substituted to LPA (% of PAEE)	0.55*** (0.38 ; 0.72)	<i>Dropped</i>	0.07*** (0.04 ; 0.10)	0.18*** (0.14 ; 0.22)
Substituted to MPA (% of PAEE)	0.48*** (0.31 ; 0.66)	-0.07*** (-0.10 ; -0.04)	<i>Dropped</i>	0.11*** (0.07 ; 0.14)
Substituted to VPA (% of PAEE)	0.37*** (0.20 ; 0.55)	-0.18*** (-0.22 ; -0.14)	-0.11*** (-0.14 ; -0.07)	<i>Dropped</i>

Note: Data are beta coefficients (95% c.i.). The unit for the PAEE result is difference in body fat percentage per 1kj/kg/day difference in PAEE. The unit for substitution results is difference in body fat percentage per 1% of PAEE substituted. 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