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| --- | --- |
| Categorical Score | Description |
| 1. Inactive
 | * No activity is reported or
* Some activity is reported but not enough to meet Categories 2 or 3
 |
| 1. Minimally active
 | Any of the following three criteria:* 3 or more days of vigorous activity of at least 20 minutes per day OR
* 5 or more days of moderate-intensity activity or walking at least 30 minutes per day OR
* 5 or more days of any combination of walking, moderate-intensity or vigorous intensity activities achieving a minimum of at least 600 MET-minutes/week
 |
| 1. HEPA(health enhancing physical activity)
 | Any of the following two criteria:* Vigorous intensity activity on at least 3 days and accumulating at least 1500 MET-min/week OR
* 7 or more days of any combination of walking , moderate –intensity, vigorous activities achieving a minimum of at least 3000 MET-minutes/week
 |

*Supplementary Table S1*

HEPA: Health enhancing physical activity

MET:Metabolic equivalent