

Supplementary Table 8: Isotemporal substitution of physical activity and body fat percentage

Women n = 6148

	Substituted from SS	Substituted from LPA	Substituted from MPA	Substituted from VPA
Substituted to SS (min/day)	<i>Dropped</i>	0.01*** (0.01 - 0.01)	0.03*** (0.03 - 0.03)	0.22*** (0.20 - 0.25)
Substituted to LPA (min/day)	-0.01*** (-0.01 - -0.01)	<i>Dropped</i>	0.02*** (0.02 - 0.02)	0.21*** (0.19 - 0.24)
Substituted to MPA (min/day)	-0.03*** (-0.03 - -0.03)	-0.02*** (-0.02 - -0.02)	<i>Dropped</i>	0.19*** (0.17 - 0.22)
Substituted to VPA (min/day)	-0.22*** (-0.25 - -0.20)	-0.21*** (-0.24 - -0.19)	-0.19*** (-0.22 - -0.17)	<i>Dropped</i>

Men n = 5320

	Substituted from SS	Substituted from LPA	Substituted from MPA	Substituted from VPA
Substituted to SS (min/day)	<i>Dropped</i>	-0.00*** (-0.00 - -0.00)	0.02*** (0.01 - 0.02)	0.12*** (0.10 - 0.13)
Substituted to LPA (min/day)	0.00*** (0.00 - 0.00)	<i>Dropped</i>	0.02*** (0.02 - 0.02)	0.12*** (0.11 - 0.13)
Substituted to MPA (min/day)	-0.02*** (-0.02 - -0.01)	-0.02*** (-0.02 - -0.02)	<i>Dropped</i>	0.10*** (0.09 - 0.12)
Substituted to VPA (min/day)	-0.12*** (-0.13 - -0.10)	-0.12*** (-0.13 - -0.11)	-0.10*** (-0.12 - -0.09)	<i>Dropped</i>

Note: Data are beta coefficients (95% c.i.). The unit for substitution results is difference in body fat percentage per minute per day 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