

Supplementary Table 2: Isocaloric substitution of physical activity energy expenditure and body fat percentage using alternative intensity thresholds (MPA > 4 METs, VPA > 7 METs)

Women n = 6148

PAEE (kJ/day/kg)	-0.13*** (-0.14 ; -0.11)			
	Substituted from SS	Substituted from LPA	Substituted from MPA	Substituted from VPA
Substituted to SS (% of PAEE)	<i>Dropped</i>	-0.01 (-0.04 ; 0.02)	0.06*** (0.02 ; 0.10)	0.29*** (0.24 ; 0.34)
Substituted to LPA (% of PAEE)	0.01 (-0.02 ; 0.04)	<i>Dropped</i>	0.07*** (0.04 ; 0.09)	0.30*** (0.26 ; 0.34)
Substituted to MPA (% of PAEE)	-0.06*** (-0.10 ; -0.02)	-0.07*** (-0.09 ; -0.04)	<i>Dropped</i>	0.23*** (0.18 ; 0.28)
Substituted to VPA (% of PAEE)	-0.29*** (-0.34 ; -0.24)	-0.30*** (-0.34 ; -0.26)	-0.23*** (-0.28 ; -0.18)	<i>Dropped</i>

Men n = 5320

PAEE (kJ/day/kg)	-0.07*** (-0.08 ; -0.05)			
	Substituted from SS	Substituted from LPA	Substituted from MPA	Substituted from VPA
Substituted to SS (% of PAEE)	<i>Dropped</i>	-0.01 (-0.04 ; 0.03)	0.02 (-0.02 ; 0.06)	0.18*** (0.13 ; 0.22)
Substituted to LPA (% of PAEE)	0.01 (-0.03 ; 0.04)	<i>Dropped</i>	0.03*** (0.01 ; 0.05)	0.18*** (0.16 ; 0.21)
Substituted to MPA (% of PAEE)	-0.02 (-0.06 ; 0.02)	-0.03*** (-0.05 ; -0.01)	<i>Dropped</i>	0.16*** (0.12 ; 0.19)
Substituted to VPA (% of PAEE)	-0.18*** (-0.22 ; -0.13)	-0.18*** (-0.21 ; -0.16)	-0.15*** (-0.18 ; -0.12)	<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