Moderate-to-vigorous intensity physical activity during leisure time (MVPA)
- swimming
- jogging etc.

Leisure Screen time (LST)
- time spent watching TV, play videogames, and sit at the computer etc.

Sedentary behavior at work (SDW)
- mostly sitting and no heavy lifting

Sedentary commuting behavior (SDC)
- driving a car

Self-reported physical activity and sedentary traits

Phenotypic Correlation

Genetic Correlation