

Supplementary Table 1. Cardiometabolic parameters

Cardiometabolic parameter	Physical activity patterns			
	Inactive	Insufficiently active	Weekend warrior	Regularly active
Body mass index (kg/m ²)	23.9±0.03	23.8±0.67	24.2±0.16	24.0±0.06
Waist circumference (cm)	82.5±0.10	81.9±0.20	83.3±0.44	81.8±0.19
Fasting blood sugar (mg/dL)	101±0.21	98±0.38	98±0.89	97±0.36
Total cholesterol (mg/dL)	191±0.33	192±0.71	190±1.62	191±0.68
LDL-C (mg/dL)	116±0.55	116±1.20	114±2.39	116±1.25
HDL-C (mg/dL)	51±0.12	52±0.25	50±0.55	53±4.27
Triglyceride (mg/dL)	136±1.07	132±2.14	149±5.51	123±1.91

Values are mean±standard error.

LDL-C: low-density lipoprotein cholesterol, HDL-C: high-density lipoprotein cholesterol.