

Table S2. Association of physical activity with age- and sex-standardised BMI, waist circumference, and body fat percentage in a random effects meta-analysis of up to 19,268 children and adolescents.

Trait	N	beta (95 % CI)	P	I ²
BMI Z-score	19,268	-0.04 (-0.10, 0.02)	0.15	39%
Waist circumference Z-score	12,392	-0.11 (-0.21, -0.00)	0.044	60%
Body fat percentage Z-score	6,864	-0.21 (-0.38, -0.04)	0.015	72%

Beta, difference in trait in physically active children compared to inactive children; I², heterogeneity between studies in the association of physical activity with the trait