

SUPPLEMENTARY DATA

Supplementary Table 1. Comparison of metabolic traits across the three physical activity groups among men*

Traits	Low	Moderate	High	P ⁽¹⁾
	(N=69)	(N=173)	(N=72)	
Age (yrs)	35.2 (1.2)	32.1 (0.6)	33.9 (1.0)	
Body percent fat (%)	25.9 (0.7)	24.6 (0.5)	25.2 (0.6)	0.42
BMI (kg/m ²)	29.5 (0.8)	28.8 (0.4)	29.5 (0.7)	0.99
Waist circumference (cm)	98.7 (1.9)	96.2 (1.0)	97.4 (1.7)	0.56
Hip circumference (cm)	103.1 (1.6)	102.6 (0.8)	104.2 (1.3)	0.55
Waist-Hip ratio × 100	95.4 (0.7)	93.4 (0.4)	93.1 (0.7)	0.008
Trunk fat (kg)	12.1 (0.7)	11.5 (0.4)	12.1 (0.6)	0.99
Fasting glucose (mmol/l)	5.1 (0.07)	5.1 (0.05)	5.2 (0.07)	0.35
2-hr glucose (mmol/l)	7.4 (0.27)	6.9 (0.15)	6.8 (0.21)	0.08
Total glucose area (mmol/l × min)	953 (23)	933 (13)	939 (22)	0.67
Incremental glucose area (mmol/l × min)	336 (19)	324 (11)	318 (17)	0.48
Fasting insulin (pmol/l)†	55 (5)	44 (2)	48 (4)	0.26
2-hr insulin (pmol/l)†	373 (33)	298 (21)	286 (31)	0.06
Total insulin area (pmol/l × 10 ⁻³ min)†	52 (3)	48 (2)	49 (4)	0.55
Incremental insulin area (pmol/l × 10 ⁻³ min)†	45 (3)	42 (2)	43 (4)	0.64
Δ Insulin at 30 min (pmol/l)†	418 (31)	433 (21)	477 (44)	0.22
S _I (min ⁻¹ per pmol/l × 10 ⁻³)†	2.19 (0.15)	2.63 (0.11)	2.43 (0.17)	0.28
AI _{Rg} (pmol/l × 10 min)†	3989 (444)	3734 (220)	4119 (372)	0.80
DI†	8166 (715)	9282 (453)	9398 (635)	0.20
S _G (min ⁻¹)†	1.56 (0.06)	1.74 (0.04)	1.76 (0.09)	0.049
HDL (mg/dl)†	39.4 (1.0)	42.0 (0.8)	40.7 (1.0)	0.34
LDL (mg/dl)†	103.8 (3.2)	109.0 (2.8)	108.6 (3.4)	0.29
Triglycerides (mg/dl)†	117.1 (8.6)	108.4 (5.7)	113.4 (8.5)	0.77
Cholesterol (mg/dl)†	171.3 (3.9)	179.8 (2.9)	177.6 (4.4)	0.30
Caloric intake (kcal/d)†	2280 (111)	2438 (81)	2455 (95)	0.21

* Data are presented as age-adjusted mean (SEM) or geometric mean (SEM) for log-transformed variables

† log transformation was applied for data analysis

P-value ⁽¹⁾: P-value testing trend across groups adjusted for age.

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Supplementary Table 2. Comparison of metabolic traits across the three physical activity groups among women*

Traits	Low	Moderate	High	P
	(N=432)	(N=275)	(N=131)	
Age (yrs)	35.4 (0.4)	35.6 (0.5)	34.1 (0.6)	
Body percent fat (%)	38.4 (0.3)	38.3 (0.3)	38.3 (0.5)	0.72
BMI (kg/m ²)	30.0 (0.4)	29.7 (0.4)	29.5 (0.5)	0.33
Waist circumference (cm)	93.7 (0.8)	92.3 (0.9)	92.8 (1.1)	0.28
Hip circumference (cm)	107.9 (0.7)	107.2 (0.8)	107.6 (1.0)	0.61
Waist-Hip ratio × 100	86.9 (0.3)	86.3 (0.4)	86.0 (0.6)	0.11
Trunk fat (kg)	14.8 (0.3)	14.3 (0.4)	14.6 (0.5)	0.44
Fasting glucose (mmol/l)	5.1 (0.04)	5.0 (0.04)	4.9 (0.06)	0.013
2-hr glucose (mmol/l)	7.7 (0.11)	7.8 (0.14)	7.2 (0.17)	0.07
Total glucose area (mmol/l × min)	940 (10)	934 (12)	900 (17)	0.06
Incremental glucose area (mmol/l × min)	339 (8)	341 (10)	316 (14)	0.23
Fasting insulin (pmol/l)†	52 (2)	49 (2)	42 (2)	0.002
2-hr insulin (pmol/l)†	431 (16)	433 (19)	374 (23)	0.10
Total insulin area (pmol/l × 10 ⁻³ min)†	50 (1)	50 (2)	48 (2)	0.37
Incremental insulin area (pmol/l × 10 ⁻³ min)†	44 (1)	43 (2)	42 (2)	0.58
Δ Insulin at 30 min (pmol/l)†	392 (13)	390 (17)	396 (23)	0.95
S _I (min ⁻¹ per pmol/l × 10 ⁻³)†	2.65 (0.07)	2.60 (0.09)	2.89 (0.13)	0.19
AIKg (pmol/l × 10 min)†	3211 (118)	3341 (161)	3538 (203)	0.14
DI†	8120 (278)	8151 (347)	9744 (499)	0.016
S _G (min ⁻¹)†	1.64 (0.03)	1.61 (0.04)	1.66 (0.06)	0.96
HDL (mg/dl)†	47.3 (0.6)	47.4 (0.6)	48.3 (0.9)	0.35
LDL (mg/dl)†	96.2 (1.4)	94.2 (1.6)	97.8 (2.3)	0.90
Triglycerides (mg/dl)†	86.7 (2.8)	85.9 (3.0)	83.7 (4.1)	0.55
Cholesterol (mg/dl)†	166.2 (1.6)	163.6 (1.8)	168.2 (2.4)	0.90
Caloric intake (kcal/d)†	2109 (39)	2287 (52)	2343 (66)	0.0003

* Data are presented as age-adjusted mean (SEM) or geometric mean (SEM) for log-transformed variables

† Log transformation was applied for data analysis

P-value⁽¹⁾: P-value testing trend across groups adjusted for age.