

Supplemental Table 1: Different discretionary activities, per 20 min/day increase, ^a and 12-year relative change in body weight (kg) from 1996-2008 among 10,500 men in the Health Professionals Follow-up Study

Variable	TV watching	Moderate-to-vigorous aerobic activity ^b	Weight training	Other activities ^b
Body weight change (1996-2008) (kg)				
	β0 (95%CI)	β1 (95%CI)	β2 (95%CI)	β3 (95%CI)
Crude model ^c	0.05 (0.02, 0.08)	-0.19 (-0.24, -0.13)	-0.20 (-0.41, 0.01)	-0.17 (-0.12, 0.09)
Multivariate-adjusted model (a) ^d	0.05 (0.02, 0.08)	-0.23 (-0.29, -0.17)	-0.21 (-0.44, 0.01)	-0.02 (-0.13, 0.09)

^a Each regression coefficient (95% CI) represents a comparison of body weight change (in kg) for every 20 min/day increase in the predictor variable, not restricting total PA time, nor controlling the displacement of other activity time.

^b Moderate-to-vigorous aerobic activity included brisk/ very brisk walking; jogging, running, bicycling, lap swimming, tennis, squash or racquetball, calisthenics, rowing, and stair or ski machine; other activities included heavy outdoor work (e.g. digging, chopping), and stair climbing.

^c The crude model was adjusted for baseline (1996) age (years), height (m), and body weight (kg) (all *continuous*), and included 4 main exposure mutually adjusted for each other: TV watching, moderate-to-vigorous physical activity, weight training, and other activities (all continuous, min/day) (all in 2008)

^d The multivariate model (*also called partition model*) was adjusted for baseline (1996) age (years), height (m), and body weight (kg) (all *continuous*); total average alcohol intake (1994, 2006); sugar-sweetened beverage intake (1994, 2006); percent energy of trans-fat (1994, 2006); energy-adjusted fibers (1994, 2006) (g/day), energy-adjusted glycemic load (1994, 2006); smoking (1996, 2008), anti-depressant intake (1996, 2008), percent energy of protein intake, (1994, 2006), sleep duration (2000, 2008), and slow walking (1996, 2008) (min/day, continuous) in addition to TV watching, moderate-to-vigorous aerobic activity, weight training, and other activities (all in 1996) (*all continuous, min/day*).