

Supplementary Materials

Exercise & fitness

Workout at gym/Exercise bike/Weight training*, Swimming[^], Running/jogging*, Walking/jogging on treadmill^v, Exercise (e.g. press ups, sit ups)*, Aerobics/Keep fit/Gymnastics/Dance for Fitness*, Yoga/Pilates^v, Aquarobics*, Circuit training*, Skipping[^]

Team sports

Football/Rugby[^], Basketball*, Netball*, Cricket, Rounders, Curling, Hockey[^], Rowing*, Volleyball*, Shinty[^]

Non-team sports

Badminton/Tennis*, Squash[^], Martial arts including Tai Chi*, Golf, Bowls, Archery, Croquet, Swing ball, Table tennis, Boxing*, Kick boxing[^], Athletics*

Outdoor pursuit

Water skiing, Skiing/Snowbarding*, Horse Riding*, Canoeing/Kayaking*, Climbing*, Hillwalking/Rambling*, Hang-gliding/Parachuting, Orienteering[^], Skateboarding/Inline skating*, Rollerblading*, Sailing/Windsurfing*, Surfboarding/Bodyboarding

Leisure pursuit

Swimming, Dancing*, Drumming, Fishing/Angling^v, Ice skating*, Motor Sports, Powerboating/Jetskiing*, Subaqua[^]

Cycling

Cycling*

The additional question to determine intensity level was:

During the past four weeks, was the effort of [*activity name*] usually enough to make you breathe faster, feel warmer, or sweat? Yes/No

The intensities of the activities were calculated accordingly:

[^]These activities were always counted as vigorous intensity.

*These activities were counted as vigorous intensity the response to the additional question was 'yes'. They were counted as moderate if the response was 'no'.

^vThese activities were counted as moderate intensity if the response to the additional question was 'yes'. They were counted as light intensity (i.e. not included in analysis) if the response was 'no'.

All other activities were always counted as moderate intensity.