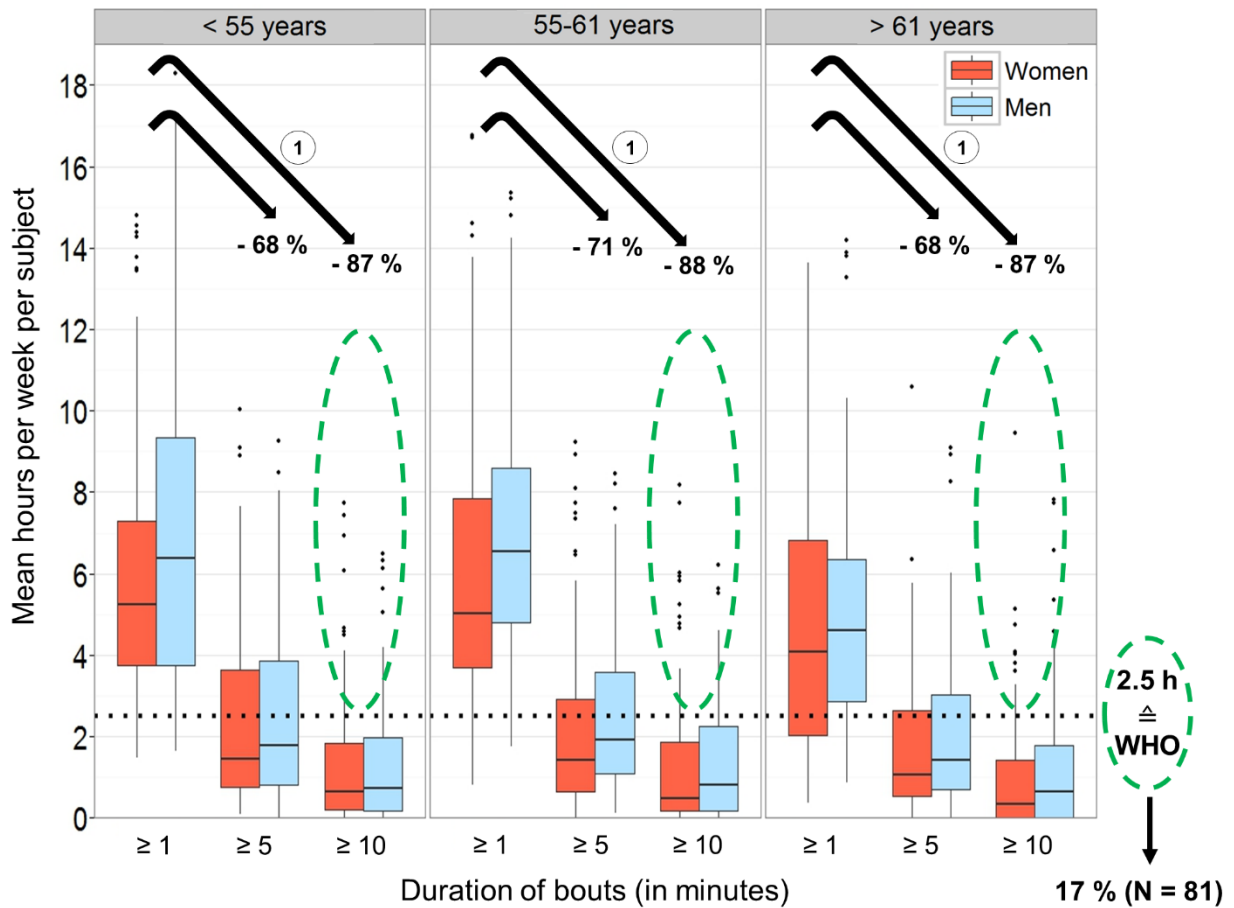


S1 Fig. Time spent in moderate to vigorous activity (MVPA) (triaxial cut-offs) in at least 1, 5, and 10 minute bouts categorized by age and adherence to WHO physical activity recommendations.



Hours/day spent in MVPA are averaged over the recording period of each subject and multiplied by seven. MVPA cut-off set at 2690 counts/minute (triaxial). - - - Subjects who met the WHO physical activity recommendation of ≥ 2.5 hours of MVPA/week in at least 10 minute bouts.

① Median percent decrease in time spent in MVPA after excluding bouts shorter than 5 and 10 minutes, respectively.