

1 **Supplemental Table 1:** Differences in distance during a six minute walk test (6WMD), timed chair rise stand test performance (TCST
2 time), grip strength, elbow flexion strength, and knee extension strength expressed per one standard deviation (SD) of sedentary time,
3 total physical activity (PA), and higher intensity physical activity (HPA)
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		Sedentary time		Total PA		HPA	
		B	95% CI	B	95% CI	B	95% CI
Model 1	6 MWT distance (m)	-12.29	(-15.67; -8.90)	16.54	(13.36; 19.73)	18.47	(15.29; 21.64)
	TCST time (s)*	0.50	(0.24; 0.75)	-0.60	(-0.84; -0.35)	-0.85	(-1.09; -0.61)
	Grip strength (kg kg ⁻¹)	-0.01	(-0.02; -0.01)	0.01	(0.01; 0.02)	0.01	(0.00; 0.01)
	Elbow flexion strength (Nm kg ⁻¹)	-0.03	(-0.05; -0.02)	0.04	(0.02; 0.05)	0.03	(0.02; 0.05)
	Knee extension strength (Nm kg ⁻¹)	-0.04	(-0.06; -0.02)	0.05	(0.03; 0.07)	0.07	(0.05; 0.09)
Model 2	6 MWT distance (m)	-7.23	(-10.69; -3.78)			16.44	(13.13; 19.75)
	TCST time (s)*	0.26	(-0.02; 0.52)			-0.78	(-1.03; -0.53)
	Grip strength (kg kg ⁻¹)	-0.01	(-0.02; -0.01)			0.01	(0.01; 0.02)
	Elbow flexion strength (Nm kg ⁻¹)	-0.03	(-0.04; -0.01)			0.03	(0.02; 0.04)
	Knee extension strength (Nm kg ⁻¹)	-0.02	(-0.05; 0.00)			0.06	(0.04; 0.08)
Model 3	6 MWT distance (m)	-4.43	(-7.72; -1.14)	11.13	(8.04; 14.22)	12.79	(9.10; 15.45)
	TCST time (s)*	0.19	(-0.08; 0.45)	-0.45	(-0.70; -0.20)	-0.68	(-0.93; -0.42)
	Grip strength (kg kg ⁻¹)	-0.01	(-0.01; 0.00)	0.00	(0.00; 0.01)	0.00	(0.00; 0.01)
	Elbow flexion strength (Nm kg ⁻¹)	-0.02	(-0.03; -0.01)	0.02	(0.01; 0.03)	0.01	(0.00; 0.03)
	Knee extension strength (Nm kg ⁻¹)	-0.01	(-0.03; 0.01)	0.03	(0.01; 0.05)	0.04	(0.02; 0.06)

5 Results are presented as unstandardized regression coefficients (B) with 95% confidence interval (95% CI). *Negative coefficient indicates better performance.
6 Associations were adjusted for the following covariates Model 1: waking time, age, sex, type 2 diabetes, and education level. Model 2: Models describing ST
7 werte additionally adjusted for HPA. Models describing HPA were additionally adjusted for ST (due to collinearity models of total PA were not adjusted for ST).
8 Model 3: model 2 +BMI, alcohol use, smoking status, cardiovascular disease, and health status. Each unit change (1 SD) corresponds with 1.65 hours for
9 sedentary time, 0.68 hours (41 minutes) for total PA, and 0.30 hours (18 minutes) for HPA.

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