

Supplemental Table 1 Median step counts per day in each month stratified according to sex and age groups (N = 24,625).

Sex	Age	N	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Annual mean
Male	40-44	341	9301.6	9332.7	9410.3	8889.6	8518.1	9016.8	9558.1	9481.7	9035.7	8698.2	9238.7	8993.1	9214.6
	45-49	658	9016.3	9262.4	9232.7	8745.3	8485.4	8860.1	9272.1	8865.7	8688.1	8539.6	8712.9	8944.5	8892.6
	50-54	735	9542.9	9683.8	9645.3	9255.0	8846.8	9296.1	9803.7	9495.4	9312.6	9084.4	9202.6	9450.8	9394.8
	55-59	798	9635.3	9654.8	9645.6	9329.4	8867.0	9366.1	9701.5	9456.8	9235.5	9104.5	9306.4	9562.8	9445.5
	60-64	1133	9810.3	9954.1	9714.3	9207.3	8781.3	9264.7	9738.9	9461.2	9396.9	9028.4	9339.6	9427.9	9511.0
	65-69	2333	9555.7	9991.9	9633.6	8869.6	8619.2	9140.5	9849.4	9419.0	9175.6	9039.4	9293.3	9209.4	9365.6
	70-74	2193	9210.7	9610.0	9353.1	8371.3	8305.5	8585.5	9326.8	8888.2	8786.4	8590.7	8974.4	8881.7	8958.3
	75-79	2025	9030.9	9359.1	9142.5	8180.4	8028.0	8415.1	9097.4	8709.6	8436.2	8434.2	8706.1	8730.7	8688.2
	80-	1191	7953.7	8175.9	8018.2	7181.8	7170.3	7555.7	8173.4	7750.7	7710.7	7638.6	7779.4	7808.4	7821.0
	Total	11407	9206.4	9491.6	9326.2	8590.3	8400.2	8774.0	9395.3	9019.3	8838.4	8672.2	8962.1	8972.4	9000.1
Female	40-44	462	7209.0	7484.3	7199.7	6922.4	6750.3	7165.1	7455.9	7333.3	7013.2	6782.2	6875.6	6993.1	7193.2
	45-49	954	7521.3	7679.5	7697.1	7300.8	7010.4	7403.5	7684.2	7545.6	7246.2	6989.3	7091.7	7350.4	7451.7
	50-54	1004	7316.0	7556.8	7500.1	7003.4	6822.4	7120.0	7495.7	7250.5	7102.0	6883.7	6892.7	7201.7	7232.0
	55-59	1174	7534.7	7707.1	7523.4	7103.2	6877.3	7322.5	7706.6	7485.1	7218.9	6860.3	7309.4	7339.1	7340.6
	60-64	1520	7467.9	7686.2	7545.6	6900.5	6650.6	7242.1	7535.4	7309.6	7037.0	6821.1	7081.1	7186.6	7190.9
	65-69	2831	7379.2	7558.5	7373.0	6688.7	6389.4	6894.5	7403.3	7161.0	6915.5	6661.1	6998.6	7040.1	7064.7
	70-74	2494	7062.1	7224.8	7132.7	6357.0	6112.0	6643.0	7111.8	6852.1	6551.1	6320.5	6651.4	6633.7	6749.9
	75-79	1930	6789.1	6854.1	6772.5	6029.7	5897.1	6359.1	6755.1	6495.9	6281.7	6085.7	6355.6	6435.5	6437.8
	80-	849	6315.4	6346.8	6270.9	5630.5	5482.1	5891.8	6213.7	5905.0	5771.0	5469.9	5719.7	5845.1	5874.7
	Total	13218	7187.8	7350.7	7225.1	6628.7	6373.8	6851.9	7268.1	6987.3	6788.3	6537.1	6792.6	6886.2	6938.9