



Supplemental Fig. 1 Median number of steps per day in each month in relation to net effective temperature (NET).

Two-piece linear regression equations:

$$M < 65: y = \begin{cases} 44.8x + 9176.3 & x < 13.3 \\ -89.3x + 10959.0 & x \geq 13.3 \end{cases} \quad (R^2 = 0.812)$$

$$M \geq 65: y = \begin{cases} 46.4x + 8614.4 & x \leq 14.1 \\ -158.8x + 11509.3 & x > 14.1 \end{cases} \quad (R^2 = 0.855)$$

$$F < 65: y = \begin{cases} 43.8x + 7138.6 & x \leq 13.7 \\ -99.5x + 9103.9 & x > 13.7 \end{cases} \quad (R^2 = 0.899)$$

$$F \geq 65: y = \begin{cases} 46.2x + 6468.0 & x \leq 14.3 \\ -143.6x + 9186.1 & x > 14.3 \end{cases} \quad (R^2 = 0.895)$$

The coordinates of each point are shown in Supplemental Table 2.