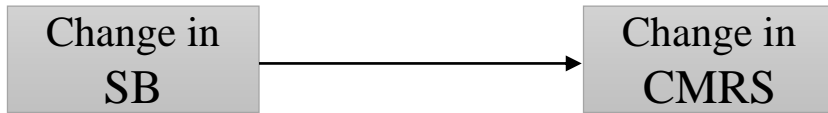## Model 1

Change in SB	→ Change in CMRS

Adjusted for: age, follow-up time, sex, original study
population; baseline and change in
healthy eating, smoking, education
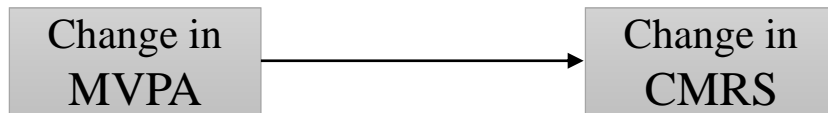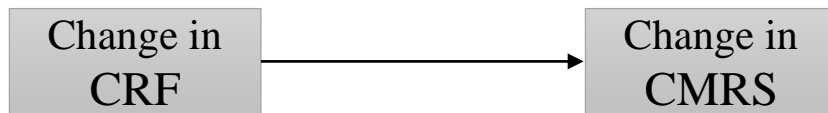level; baseline SB

Change in MVPA	→ Change in CMRS

Adjusted for: age, follow-up time, sex, original study
population; baseline and change in
healthy eating, smoking, education
level; baseline MVPA

Change in CRF	→ Change in CMRS

Adjusted for: age, follow-up time, sex, original study
population; baseline and change in
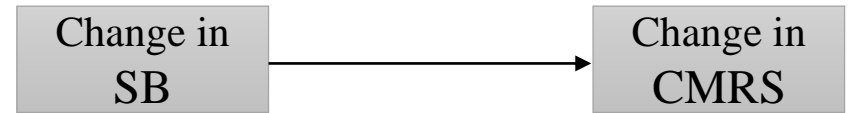healthy eating, smoking, education
level; baseline CRF

Model 2

Change in SB	→ Change in CMRS

Adjusted for: age, follow-up time, sex, original study
population; baseline and change in
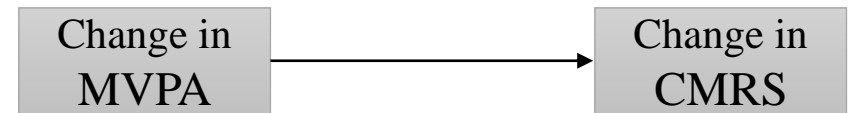healthy eating, smoking, education
level; baseline SB, **baseline and
change in MVPA**

Change in MVPA	→ Change in CMRS

Adjusted for: age, follow-up time, sex, original study
population; baseline and changes in
healthy eating, smoking, education
level; baseline MVPA, **baseline and
change in SB**

Note. SB = Sedentary Behavior; MVPA = moderate-to-vigorous physical activity; CRF=Cardiorespiratory fitness, CMRS = Cardio-metabolic risk score