Supplement 2. Standardized regression coefficients of sedentary behavior, moderate-to-vigorous physical activity and cardiorespiratory fitness for clustered cardio-metabolic health and cardio-metabolic markers in a subgroup with complete data

Change in	Model	Change in SB	95% CI		Change in MVPA	95% CI		Change in CRF	95% CI	
CMRS	1	0.19 [c]	0.08	0.29	-0.21 [c]	-0.32	-0.10	-0.40 [c]	-0.49	-0.30
	2	0.18 [c]	0.08	0.29	-0.21 [c]	-0.32	-0.10			
CMRS$_{no-adip}$	1	0.18 [c]	0.07	0.28	-0.20 [c]	-0.31	-0.09	-0.34 [c]	-0.43	-0.24
	2	0.17 [c]	0.07	0.28	-0.20 [c]	-0.31	-0.09			
Waist Circumference	1	0.11 [a]	0.01	0.22	-0.15 [a]	-0.26	-0.03	-0.40 [c]	-0.50	-0.31
	2	0.11 [a]	0.01	0.22	-0.15 [a]	-0.26	-0.03			
Fasting Glucose	1	0.04	-0.06	0.15	-0.05	-0.16	0.06	-0.13 [b]	-0.23	-0.03
	2	0.04	-0.06	0.15	-0.05	-0.16	0.07			
HDL-cholesterol	1	-0.12 [a]	-0.22	-0.02	0.22 [c]	0.11	0.32	0.23 [c]	0.14	0.33
	2	-0.12 [a]	-0.22	-0.02	0.21 [c]	0.10	0.32			
Triglycerides	1	0.14 [b]	0.04	0.24	-0.09	-0.20	0.01	-0.21 [c]	-0.31	-0.11
	2	0.14 [b]	0.04	0.24	-0.09	-0.20	0.01			
Diastolic Blood Pressure	1	0.10 [a]	0.00	0.20	-0.14 [a]	-0.25	-0.03	-0.22 [c]	-0.31	-0.13
	2	0.11 [a]	0.01	0.21	-0.14 [a]	-0.24	-0.03			
Systolic Blood Pressure	1	0.08	-0.02	0.18	-0.06	-0.17	0.04	-0.14 [b]	-0.22	-0.05
	2	0.09	-0.01	0.19	-0.06	-0.17	0.04			

Legend Supplement 2

Data are standardized regression coefficients

SB = Sedentary Behavior; MVPA = moderate-to-vigorous physical activity; CRF=Cardiorespiratory fitness

Model 1: adjusted for age, follow-up time, sex, original study population; baseline and changes in healthy eating, smoking, education level; baseline of the relevant exposure and outcome (SB, MVPA & CRF n=399)

Model 2: adjusted for all covariates in model 1 adjusted for changes and baseline MVPA for SB and vice versa;

[a] $p<0.05$; [b] $p<0.01$; [c] $p<0.001$