

S7 Table. Studies reporting beneficial, non-significant and detrimental associations of activity patterns with vascular health.

<i>Moderate-to-Vigorous Physical Activity patterns</i>						
<u>Time spent in bouts</u>	Beneficial (B)	Non-significant (NS)	Detrimental (D)	B	NS	D
0-5 min		Large artery compliance [47]; Small artery compliance [47]		0	2	0
1-4 min	Systolic blood pressure [44] ^A			1	0	0
1-9 min	Systolic blood pressure [44] ^A			1	0	0
≥5 min		Systolic blood pressure [44] ^A		0	1	0
5-10 min		Large artery compliance [47]; Small artery compliance [47]		0	2	0
≥10 min		Systolic blood pressure [44] ^A		0	1	0
10-20 min		Large artery compliance [47]; Small artery compliance [47]		0	2	0
≥20 min		Large artery compliance [47]; Small artery compliance [47]		0	2	0
Pattern types		Diastolic blood pressure ‘Most vs. Sporadic’, ‘Most’ vs. ‘Medium’, ‘Medium’ vs. ‘Sporadic’ [58] ^B ; Systolic blood pressure ‘Most vs. Sporadic’, ‘Most’ vs. ‘Medium’, ‘Medium’ vs. ‘Sporadic’ [58] ^B		0	6	0

<i>Sedentary patterns</i>						
<u>Frequency of bouts/breaks</u>	Beneficial (B)	Non-significant (NS)	Detrimental (D)	B	NS	D
Breaks		Diastolic blood pressure [34], [38] ^{18/18} ; Systolic blood pressure [34], [38] ^{18/18}		0	38	0
≥20 min		Diastolic blood pressure [34]; Systolic blood pressure [34]		0	2	0
<u>Time spent in bouts/breaks</u>	Beneficial (B)	Non-significant (NS)	Detrimental (D)	B	NS	D
≥20 min		Diastolic blood pressure [38] ^{18/18} ; Systolic blood pressure [38] ^{18/18}		0	36	0
≥30 min		Systolic blood pressure [36]		0	1	0
≥40 min		Diastolic blood pressure [38] ^{18/18} ; Systolic blood pressure [38] ^{18/18}		0	36	0
≥60 min		Diastolic blood pressure [38] ^{18/18} ; Systolic blood pressure [38] ^{18/18}		0	36	0
≥80 min		Diastolic blood pressure [38] ^{18/18} ; Systolic blood pressure [38] ^{18/18}		0	36	0
≥100 min		Diastolic blood pressure [38] ^{18/18} ; Systolic blood pressure [38] ^{18/18}		0	36	0
≥120 min		Diastolic blood pressure [38] ^{18/18} ; Systolic blood pressure [38] ^{18/18}		0	36	0
Breaks		Systolic blood pressure [36] ^C		0	1	0

<u>Duration of bouts/breaks</u>	Beneficial (B)	Non-significant (NS)	Detrimental (D)	B	NS	D
≥20 min		Diastolic blood pressure [34]; Systolic blood pressure [34]		0	2	0
Breaks		Diastolic blood pressure [34]; Systolic blood pressure [34]		0	2	0

Abbreviations; *B* Beneficial, *D* Detrimental, *NS* Non significant, *min* Minutes, *s* Seconds.

^A The sample was divided in four quartiles and the odds ratio of beneficial health factors were presented. When the odds consistently increased/decreased in all quartiles, we assumed that the associations were significantly beneficial/detrimental; ^B Latent profile analyses divided sample in ‘Sporadic’, ‘Medium’, and ‘Most bouts’ pattern types. The percentage of MVPA accumulated in sporadic bouts (<5 min) was progressively lower, while the percentage MVPA in both short (5<10min) and medium-to-long bouts (≥10 min) was progressively higher moving from ‘Sporadic’, to ‘Medium’, and ‘Most bouts’; ^C Percentage of time spent in intensity/percentage of sedentary time spent in breaks.

^{X/18} Colley and colleagues reported associations between activity patterns and cardio-metabolic risk factors from 6 different subgroups (i.e. boys vs. girls in three different age groups; 6-10, 11-14, and 15-19 years) for 3 different time periods (e.g., after-school) [38]. X represents the number of associations categorised as beneficial, non-significant, or detrimental out of the total 18 associations tested.

The bold numbers in the right hand columns tables represent that specific activity patterns which were examined at least four times.

References (*reference numbers correspond with manuscript*)

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