

**Supplementary Table S1.** Model fit statistics for the 2- to 6-class LCA models of fitness-related behaviours (N = 883).

	<b>2 classes</b>	<b>3 classes</b>	<b>4 classes</b>	<b>5 classes</b>	<b>6 classes</b>
Log likelihood	-4818,2413	-4783,3701	-4739,7451	-4698,5971	-4680,8938
G-squared	1205,4180	1135,6757	1048,4256	966,1297	930,7231
AIC <sup>a</sup>	1255,4180	1211,6757	1150,4256	1094,1297	1084,7231
BIC <sup>b</sup>	1375,7816	1394,6283	1395,9673	1402,2605	1455,4429
CAIC <sup>c</sup>	1400,7816	1432,6283	1446,9673	1466,2605	1532,4429
Adjusted BIC	1296,3851	1273,9456	1233,9984	1199,0054	1210,9016

<sup>a</sup> AIC = Akaike's Information Criteria; <sup>b</sup> BIC = Bayesian Information Criteria; <sup>c</sup> CAIC = consistent version of AIC.