



Web Figure 1. The prevalence (with 95% confidence limits) of meeting *2008 Physical Activity Guidelines (PAG) for Americans (1)* by race/sex group at Baseline (2005-06) and 10-Year Follow-up (2015-16) (n=962).

Web Table 1. Baseline (2005-06), 10-year follow-up (2015-16), and 10-year change accelerometer-determined physical activity and sedentary behavior estimates within and stratified by baseline age and cardiorespiratory fitness groups in the Coronary Artery Risk Development in Young Adults (CARDIA) study (n=962).

Variable	Baseline Age							Baseline Fitness						
	<45 years (n = 398; 41.4%), mean (SE)			≥45 years (n = 564; 58.6%), mean (SE)			P value	<Median (452 seconds) (n = 493; 51.2%), mean (SE)			≥Median (452 seconds) (n = 469; 48.8%), mean (SE)			P value ^a
	BL	F-Up	10-Year Δ	BL	F-Up	10-Year Δ		BL	F-Up	10-Year Δ	BL	F-Up	10-Year Δ	
Wear time, min·d ⁻¹	888.0 (4.5)	898.1 (4.6)	10.3 (5.6)	898.4 (3.6)	890.8 (3.7)	-7.6 (4.1)	0.01	884.0 (4.0)	884.5 (4.2)	0.5 (4.8)	904.7 (3.9)	903.9 (3.9)	-0.8 (4.6)	0.84
Total Accelerometer counts, per 10,000 ct·d ⁻¹	37.7 (2.9)	28.8 (0.6)	-8.9 (2.9) ^b	33.1 (0.5)	28.7 (0.5)	-4.5 (0.5) ^c	0.14	31.2 (1.9)	24.5 (0.4)	-6.7 (1.9) ^c	39.1 (1.5)	33.2 (0.6)	-5.9 (1.5) ^c	0.76
Average accelerometer counts, ct·min·d ⁻¹	411.1 (23.3)	320.6 (6.5)	-90.5 (23.4) ^c	368.6 (5.6)	320.8 (5.5)	-47.8 (5.2) ^c	0.08	346.8 (15.9)	277.6 (4.8)	-69.2 (16.1) ^c	427.6 (12.3)	366.1 (6.4)	-61.5 (12.2) ^c	0.70
Sedentary time, min·d ⁻¹	482.8 (5.3)	532.9 (5.3)	50.1 (6.0) ^c	504.2 (4.1)	533.5 (4.3)	29.3 (4.5) ^c	0.006	491.7 (4.6)	535.7 (4.8)	43.9 (5.0) ^c	499.2 (4.7)	530.7 (4.6)	31.5 (5.3) ^c	0.08
Light intensity PA, min·d ⁻¹	367.7 (4.1)	336.6 (4.3)	-31.1 (4.2) ^c	358.2 (3.6)	327.9 (3.5)	-30.2 (3.6) ^c	0.88	364.0 (3.8)	328.9 (3.8)	-35.1 (4.1) ^c	360.1 (3.8)	334.3 (3.9)	-25.8 (3.6) ^c	0.09
MVPA, min·d ⁻¹	37.6 (1.5)	28.9 (1.2)	-8.7 (1.4) ^c	36.0 (1.0)	29.4 (1.0)	-6.6 (0.9) ^c	0.22	28.3 (1.1)	19.9 (0.8)	-8.4 (1.1) ^c	45.4 (1.2)	38.9 (1.2)	-6.5 (1.2) ^c	0.23
MVPA in bouts, min·d ^{-1 d}	12.3 (1.0)	13.2 (0.9)	0.9 (1.1)	12.6 (0.7)	15.8 (0.8)	3.2 (0.8) ^c	0.09	8.2 (0.7)	8.5 (0.6)	0.4 (0.8)	17.0 (0.9)	21.3 (1.0)	4.3 (1.1) ^c	0.003

Footnotes: SE = standard error; BL = baseline; F-Up = follow-up; Δ = change; $\text{min}\cdot\text{d}^{-1}$ =minutes per day; $\text{ct}\cdot\text{d}^{-1}$ =counts per day; $\text{ct}\cdot\text{min}\cdot\text{d}^{-1}$ =counts per minute per day; MVPA = moderate to vigorous intensity physical activity; EU = exercise units. ^a = *P* value for differences by age (<45 years versus \geq 45 years) and cardiorespiratory fitness (<452 seconds versus \geq 452 seconds) groups based on Student t-tests; ^b = *P*<0.01; ^c=*P*<0.001; ^d= \geq 8 of 10 consecutive minutes above 1952 $\text{ct}\cdot\text{min}^{-1}$ threshold.