

Table S1. Classification table of physical activity and sedentary behaviour

Physical activity in Farm work, occupation and household chores		Physical activity in leisure-time		Static behavior
Moderate-intensity physical activity (4 MET h/d) Make breathing and heart beat slightly faster	Vigorous-intensity physical activity (8 MET h/d) Make breathing and heart rate significantly faster	Moderate-intensity physical activity (4 MET h/d) Make breathing and heart beat slightly faster	Vigorous-intensity physical activity (8 MET h/d) Make breathing and heart rate significantly faster	Lying, sitting and leaning besides sleep time (h/d)
<ul style="list-style-type: none"> ·Cleaning(e.g. vacuuming, mopping the floor, polishing floor, wiping the desk, sweeping the floor, ironing clothes) ·Washing (e.g. scrubbing the carpet, washing clothes) ·Gardening (e.g. watering, turning soil, fertilizing) ·Hand milking ·Hand knitting ·carpenter work (e.g. sawing cork, Chiseling cork) ·With a shovel and other tools to mix the sand and cement ·Walking with a general weight 	<ul style="list-style-type: none"> ·Forestry workers (felling and handling timber) ·Sawing ironwood ·tilling land ·transplant rice seedlings ·harvesting crops (e.g. wheat, rice, sugarcane) ·Gardening (e.g. digging, carrying heavy things) ·hand milling (with wooden club or stone mill) ·architectural work (e.g. building a wall, handing building materials) ·Fitness Trainer (e.g. spinning, aerobics, yoga and some other aerobic exercise) ·A courier on foot or bike 	<ul style="list-style-type: none"> ·biking ·jogging ·dancing ·reading a horse ·practicing Tai chi ·Practicing Yoga and pilates ·doing the yangko dance 	<ul style="list-style-type: none"> ·Long-distance running ·playing football ·playing rugby ·playing tennis ·spinning in gym ·Lifting barbell ·doing ballet ·swimming 	<ul style="list-style-type: none"> ·working ·studying ·reading ·watching TV ·using computer ·riding ·taking a rest

<ul style="list-style-type: none">·Carrying water·Grazing	<ul style="list-style-type: none">·Pulling a rickshaw			
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