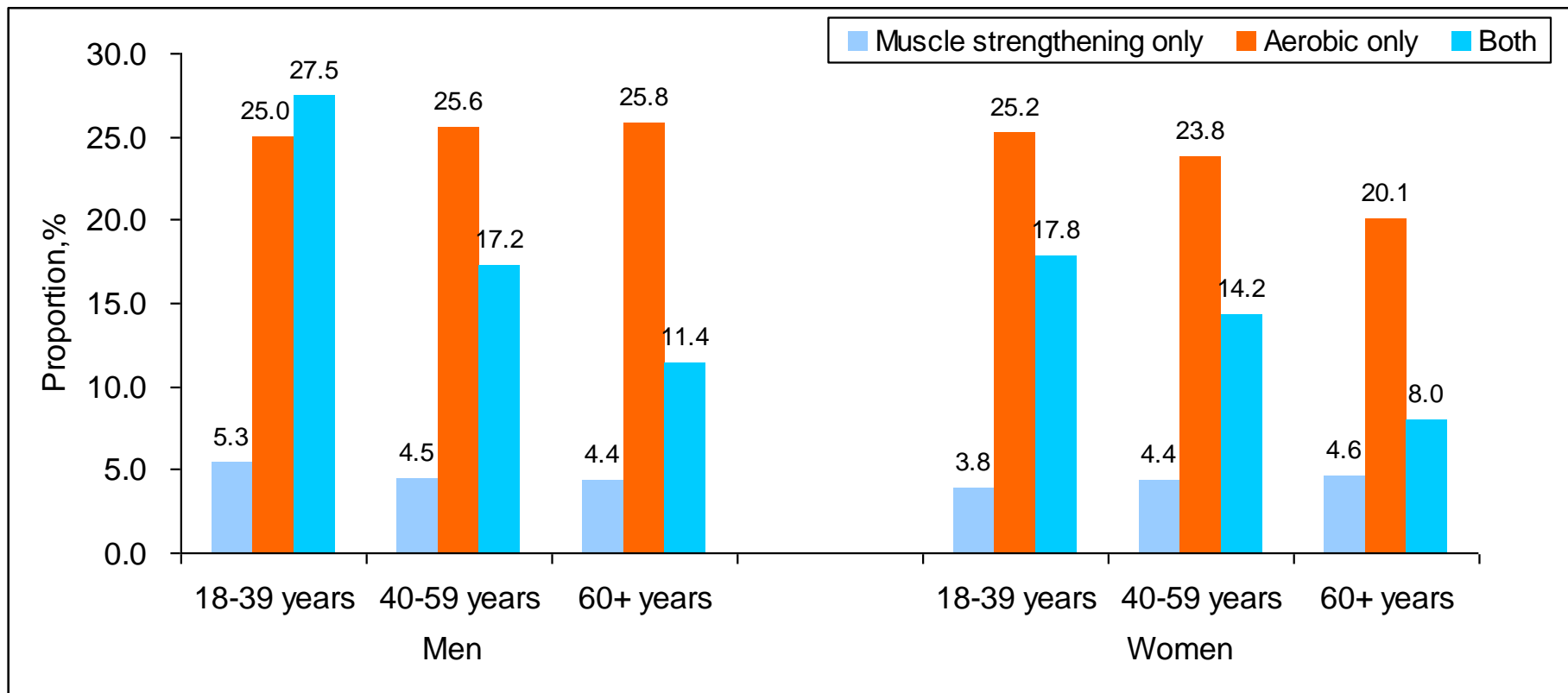


Supplemental Material

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Supplemental Figure 1: The distribution of US adults who met 2018 physical activity guidelines according to sex and age

Supplemental Table 1: Association between intensities of aerobic physical activity and all-cause and cause-specific mortality. Values are hazard ratios (95% confidence intervals)

Cause of death	Light-to-moderate intensity		Vigorous intensity	
	<150 minutes/week	≥150 minutes /week	<75 minutes /week	≥75 minutes /week
Total population				
All causes	1.00	0.79 (0.77 to 0.81)	1.00	0.69 (0.67 to 0.71)
Cardiovascular disease	1.00	0.72 (0.68 to 0.77)	1.00	0.62 (0.58 to 0.67)
Cancer	1.00	0.83 (0.79 to 0.87)	1.00	0.74 (0.70 to 0.78)
Chronic lower respiratory tract disease	1.00	0.56 (0.49 to 0.63)	1.00	0.33 (0.27 to 0.39)
Accidents and injuries	1.00	0.84 (0.74 to 0.96)	1.00	0.82 (0.72 to 0.93)
Alzheimer's disease	1.00	0.78 (0.66 to 0.92)	1.00	0.74 (0.59 to 0.94)
Diabetes mellitus	1.00	0.71 (0.61 to 0.84)	1.00	0.59 (0.48 to 0.72)
Influenza and pneumonia	1.00	0.71 (0.58 to 0.88)	1.00	0.46 (0.36 to 0.60)
Nephritis, nephrotic syndrome and nephrosis	1.00	0.65 (0.53 to 0.80)	1.00	0.57 (0.44 to 0.74)
Adults with any chronic condition				
All causes	1.00	0.75 (0.72 to 0.77)	1.00	0.64 (0.61 to 0.66)
Cardiovascular disease	1.00	0.68 (0.64 to 0.72)	1.00	0.56 (0.51 to 0.61)
Cancer	1.00	0.81 (0.76 to 0.86)	1.00	0.69 (0.64 to 0.74)
Chronic lower respiratory tract disease	1.00	0.51 (0.44 to 0.59)	1.00	0.33 (0.27 to 0.42)
Accidents and injuries	1.00	0.76 (0.63 to 0.92)	1.00	0.62 (0.49 to 0.78)
Alzheimer's disease	1.00	0.75 (0.61 to 0.92)	1.00	0.79 (0.60 to 1.05)
Diabetes mellitus	1.00	0.64 (0.53 to 0.76)	1.00	0.51 (0.41 to 0.64)
Influenza and pneumonia	1.00	0.70 (0.54 to 0.89)	1.00	0.44 (0.32 to 0.60)
Nephritis, nephrotic syndrome and nephrosis	1.00	0.59 (0.47 to 0.73)	1.00	0.48 (0.37 to 0.64)

Cox proportional hazards regression models were adjusted for sex, age, race/ethnicity, education, marital status, body mass index, smoking, alcohol intake and chronic conditions (when appropriate) and mutually adjusted for both light-to-moderate and vigorous-intensity activities.