Supplementary Table 17. Generalized Linear Models for ENMO values in Hadza participants

```
formula = enmo ~ age + sex

    Residuals:
        Min      1Q  Median      3Q     Max
    -27.409 -12.944  -1.671  15.118  31.847

    Coefficients:
                Estimate Std. Error t value Pr(>|t|)
    (Intercept)  63.7330     6.7082   9.501 8.75e-13 ***
    age          -0.3236     0.1431  -2.262   0.0281 *
    sexm         -6.7362     4.3151  -1.561   0.1248
    ---
    Signif. codes:  0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

    Residual standard error: 15.62 on 50 degrees of freedom
      (12 observations deleted due to missingness)
    Multiple R-squared:  0.136,   Adjusted R-squared:  0.1014
    F-statistic: 3.935 on 2 and 50 DF,  p-value: 0.02587

formula = enmo ~ sex * age

    Residuals:
        Min      1Q  Median      3Q     Max
    -29.870 -11.449  -0.999  14.691  32.330

    Coefficients:
                Estimate Std. Error t value Pr(>|t|)
    (Intercept)  59.9382     8.6664   6.916 8.95e-09 ***
    sexm          1.7068    12.8655   0.133    0.895
    age          -0.2316     0.1952  -1.186    0.241
    sexm:age     -0.2012     0.2887  -0.697    0.489
    ---
    Signif. codes:  0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

    Residual standard error: 15.7 on 49 degrees of freedom
      (12 observations deleted due to missingness)
    Multiple R-squared:  0.1445,  Adjusted R-squared:  0.09211
    F-statistic: 2.759 on 3 and 49 DF,  p-value: 0.05209
```

Supplementary Table 18. Generalized Linear Models for time in MVPA in Hadza participants

```
formula = mvpa ~ age + sex

   Residuals:
       Min     1Q  Median      3Q     Max
   -171.98  -76.83   10.32   60.85  181.69

   Coefficients:
               Estimate Std. Error t value Pr(>|t|)
   (Intercept)  318.851     40.007   7.970 3.27e-10 ***
   sexm         -13.992     26.141  -0.535   0.5951
   age           -2.215      0.845  -2.621   0.0118 *
   ---
   Signif. codes:  0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

   Residual standard error: 90.96 on 46 degrees of freedom
     (16 observations deleted due to missingness)
   Multiple R-squared:  0.1364,  Adjusted R-squared:  0.0989
   F-statistic: 3.634 on 2 and 46 DF,  p-value: 0.03425

formula = mvpa ~ sex * age

   Residuals:
       Min      1Q  Median      3Q     Max
   -169.813  -72.643   9.837  60.168  186.849

   Coefficients:
               Estimate Std. Error t value Pr(>|t|)
   (Intercept) 306.6112    52.2774   5.865 4.95e-07 ***
   sexm         12.4830    76.4921   0.163    0.871
   age          -1.9196     1.1706  -1.640    0.108
   sexm:age     -0.6304     1.7095  -0.369    0.714
   ---
   Signif. codes:  0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

   Residual standard error: 91.83 on 45 degrees of freedom
     (16 observations deleted due to missingness)
   Multiple R-squared:  0.139,   Adjusted R-squared:  0.08165
   F-statistic: 2.423 on 3 and 45 DF,  p-value: 0.07819
```

Supplementary Table 19. Generalized Linear Models for ENMO values in Pokot participants

```
formula = enmo ~ age + sex

   Residuals:
       Min      1Q  Median      3Q     Max
   -30.631  -5.223  -1.898   6.791  23.370

   Coefficients:
               Estimate Std. Error t value Pr(>|t|)
   (Intercept) 46.20714    4.26188  10.842 6.86e-13 ***
   sexm         8.96832    3.41504   2.626  0.01260 *
   age         -0.30467    0.09303  -3.275  0.00234 **
   ---
   Signif. codes:  0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

   Residual standard error: 10.58 on 36 degrees of freedom
     (6 observations deleted due to missingness)
   Multiple R-squared:  0.33,   Adjusted R-squared:  0.2927
   F-statistic: 8.864 on 2 and 36 DF,  p-value: 0.0007408

formula = enmo ~ sex * age

   Residuals:
       Min      1Q  Median      3Q     Max
   -30.554  -5.170  -1.959   6.782  23.492

   Coefficients:
                Estimate Std. Error t value Pr(>|t|)
   (Intercept) 46.014244   6.130819   7.505 8.61e-09 ***
   sexm         9.282039   7.874177   1.179   0.2464
   age         -0.299401   0.151733  -1.973   0.0564 .
   sexm:age    -0.008595   0.193735  -0.044   0.9649
   ---
   Signif. codes:  0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

   Residual standard error: 10.72 on 35 degrees of freedom
     (6 observations deleted due to missingness)
   Multiple R-squared:  0.33,   Adjusted R-squared:  0.2726
   F-statistic: 5.746 on 3 and 35 DF,  p-value: 0.002635
```

Supplementary Table 20. Generalized Linear Models for grip strength in Pokot female participants

```
formula = grip strength ~ age

   Residuals:
       Min      1Q   Median      3Q     Max
   -11.551  -3.276    0.474   3.984   8.877

   Coefficients:
               Estimate Std. Error t value Pr(>|t|)
   (Intercept) 23.96065    2.66525   8.990 1.21e-08 ***
   age         -0.04064    0.06305  -0.645    0.526
   ---
   Signif. codes:  0 '***' 0.001 '**' 0.01 '*' 0.05 '.' 0.1 ' ' 1

   Residual standard error: 5.68 on 21 degrees of freedom
   Multiple R-squared:  0.0194,  Adjusted R-squared:  -0.0273
   F-statistic: 0.4154 on 1 and 21 DF,  p-value: 0.5262
```