

Supplemental figures and tables

Table 1S Quartiles of total physical activity levels (MET h/d) among normotensive and hypertensive participants.

Variable	Normotensive	Hypertensive
Male		
25 th percentile	18.0	16.0
50 th percentile	36.0	32.0
75 th percentile	60.0	56.0
Female		
25 th percentile	17.0	15.4
50 th percentile	32.0	28.0
75 th percentile	52.0	48.0

MET: metabolic equivalent.

Table 2S Sensitivity analyses for hazard ratios (95% CI) of incident hypertension according to quartiles of total physical activity.

Variable	Quartile 1 (n = 13405)	Quartile 2 (n = 13491)	Quartile 3 (n = 13700)	Quartile 4 (n = 14129)	P-trend
Cases	3442	3158	2616	2619	-
Person-years	103132.88	101556.80	93936.99	95257.24	-
Incidence rate (per 1000 person-years)	33.38	31.10	27.85	27.49	-
HR (95% CI)					
Model 1	1.00	1.01 (0.96, 1.06)	0.86 (0.81, 0.91)**	0.79 (0.75, 0.83)**	< 0.001
Model 2	1.00	1.01 (0.96, 1.06)	0.87 (0.82, 0.92)**	0.80 (0.75, 0.84)**	< 0.001
Model 3	1.00	1.01 (0.96, 1.06)	0.86 (0.81, 0.91)**	0.80 (0.76, 0.85)**	< 0.001

New-onset hypertension within 1 year after recruitment ($n = 376$) were excluded for sensitivity analyses. Model 1: adjusted for age, gender, BMI, region, and area. Model 2: adjusted for covariates in model 1 plus educational level, smoking status, alcohol drinking status, blood glucose level and total cholesterol level. Model 3: adjusted for covariates in model 2 plus baseline SBP. | ** $P < 0.001$ vs. the quartile 1 group.

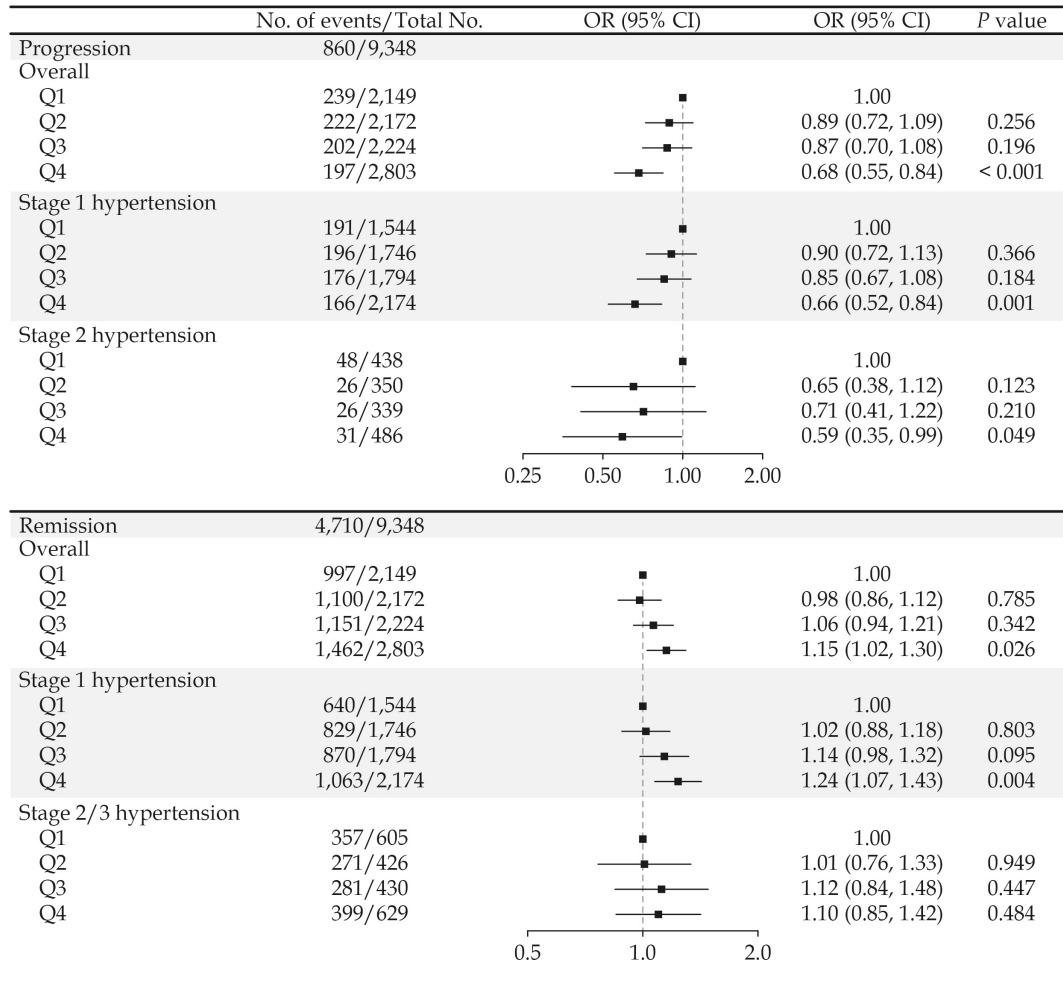


Figure 1S Sensitivity analyses for progression and remission of hypertension among hypertensive participants according to quartiles of total physical activity. Model adjusted for age, gender, BMI, region, area, educational level, smoking status, alcohol drinking status, blood glucose level, total cholesterol level, and baseline SBP. Q1: <25th percentile; Q2: 25th-50th percentile; Q3: 50th-75th percentile; Q4: >75th percentile.

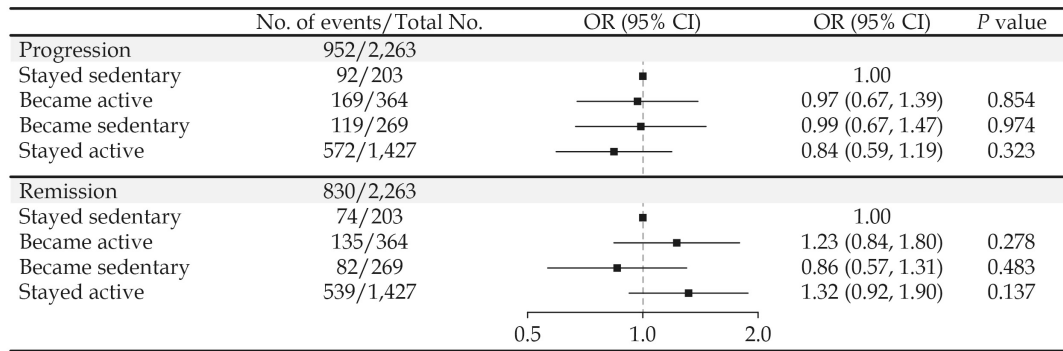


Figure 2S Odd ratios (95% CI) of progression and remission of hypertension among hypertensive participants according to changes in total physical activity. Model adjusted for age, gender, BMI, region, area, educational level, smoking status, alcohol drinking status, blood glucose level, total cholesterol level, baseline SBP and baseline total MET.

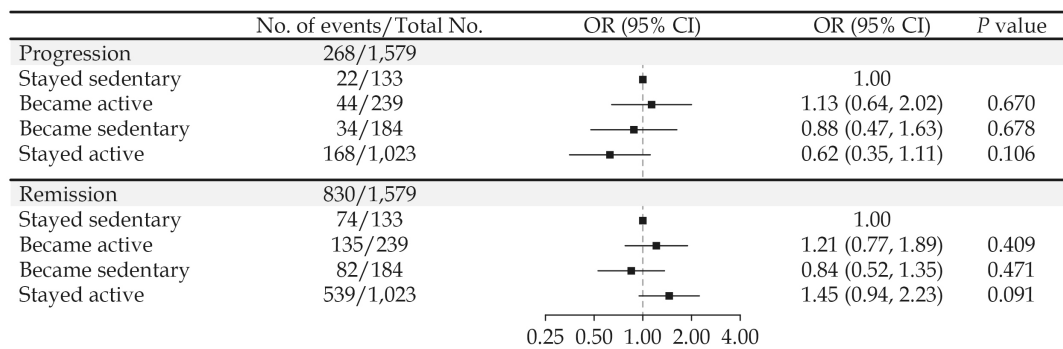


Figure 3S Sensitivity analyses for progression and remission of hypertension among hypertensive participants according to changes in total physical activity. Model adjusted for age, gender, BMI, region, area, educational level, smoking status, alcohol drinking status, blood glucose level, total cholesterol level, baseline SBP, and baseline total MET.