**Table S3**. Physical Activity Factors, Categories, and Definitions

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| **Activity factors** | **Physical Activity Category** | **Definition1** |
| 1.3 | Sedentary | Activity only associated with typical day-to-day life. |
| 1.4 | Low | Not meeting any of the criteria for either of the moderate or high category. |
| 1.5 | Moderate | Doing some activity. It is a level of activity equivalent to half an hour of at least moderate-intensity physical activity on most days. |
| 1.6 | High | Requiring higher levels of participation. It is a level of activity equivalent to at least one hour of moderate-intensity physical per day or at least half an hour of vigorous-intensity activity per day. |

1 Committee on Diet and Health, National Research Council. Diet and health: implications for reducing chronic disease risk. ISBN: 0-309-58831-6 (1989) <https://www.ncbi.nlm.nih.gov/books/NBK218743/pdf/Bookshelf_NBK218743.pdf>, Accessed February 14, 2021.