

**Supplementary Table S2. The result of the cross-tabulation analysis between types of sports played and work schedule.**

<b>Workout in a gym</b>	<b>Work schedule</b>		
	8-hour shift	12-hour shift	Duty shift
8-hour shift		p>0.05	p<0.05
12-hour shift	p>0.05		p<0.05
Duty shift	p<0.05	p<0.05	

<b>Other</b>	<b>Work schedule</b>		
	8-hour shift	12-hour shift	Duty shift
8-hour shift		p<0.001	p>0.05
12-hour shift	p<0.001		p<0.001
Duty shift	p>0.05	p<0.001	

<b>Swimming</b>	<b>Work schedule</b>		
	8-hour shift	12-hour shift	Duty shift
8-hour shift		p<0.05	p>0.05
12-hour shift	p<0.05		p<0.05
Duty shift	p>0.05	p<0.05	

<b>Yoga</b>	<b>Work schedule</b>		
	8-hour shift	12-hour shift	Duty shift
8-hour shift		p<0.05	p<0.05
12-hour shift	p<0.05		p>0.05
Duty shift	p<0.05	p>0.05	

<b>Skiing</b>	<b>Work schedule</b>		
	8-hour shift	12-hour shift	Duty shift
8-hour shift		p<0.001	p<0.001
12-hour shift	p<0.001		p<0.001
Duty shift	p<0.001	p<0.001	

<b>Tennis</b>	<b>Work schedule</b>		
	8-hour shift	12-hour shift	Duty shift
8-hour shift		p<0.05	p<0.05
12-hour shift	p<0.05		p<0.05
Duty shift	p<0.05	p<0.05	

<b>Basketball</b>	<b>Work schedule</b>		
	8-hour shift	12-hour shift	Duty shift
8-hour shift		p<0.05	p<0.05
12-hour shift	p<0.05		p<0.05
Duty shift	p<0.05	p<0.05	

<b>Riding</b>	<b>Work schedule</b>		
	8-hour shift	12-hour shift	Duty shift
8-hour shift		p>0.05	p<0.05
12-hour shift	p>0.05		p<0.05
Duty shift	p<0.05	p<0.05	

