Supplementary Table S1. Physical Activity and Sedentary Behaviors, Muscular Strength, Cardiorespiratory Fitness, Body Composition and Quality of Life broken down by sex.

MVPA—moderate to vigorous physical activity; PA—physical activity; LPA—light physical activity; MPA—moderate physical activity; VPA—vigorous physical activity; vVPA—very vigorous physical activity; ST—sedentary time; 6RM-LP—six-repetition leg press; 6RM-LR—six-repetition maximum lateral raise; 6RM-BP—six-repetition maximum bench press; kcal—kilocalories; BW—body weight (kg); BMI—body mass index (kg/m^2); C—circumference; contr—contracted; SF—skinfold; Abd—abdominal; SK—skinfold; Sum6-SK—sum of six skinfolds; SMM—skeletal muscle mass (kg); %BF—body fat percentage; CSA—cross-sectional area; SBP—systolic blood pressure; DBP—diastolic blood pressure; t-end-test—time-end-test; v-end-test—speed-end-test; %-end-test — incline-end-test; aVO_2peak—absolute peak oxygen consumption (l/min); rVO_2peak—relative peak oxygen consumption (ml/kg/min); HRpeak—peak heart rate (bpm); VEpeak—peak ventilation (l/min); $\%VO_2$ at VT_1—percentage of oxygen consumption at ventilatory threshold 1; $\%VO_2$ at VT_2—percentage of oxygen of consumption at ventilatory threshold 2; TUG-3m—3 meters timed-up-and-go; TUG-10m—10 meters timed-up-and-go; TUDS— timed-up-and-down-stairs; PF—Physical functioning; RP—Role limitations due to physical health; BP--Bodily Pain; GH—General Health; VT—Vitality; SF—Social Functioning; RE—Role limitations due to emotional problems; MH—Mental Health; PCS—Physical Component Scale; MCS—Mental Component Scale.

Supplementary Table S2. Association Matrix of Quality of Life, Physical Fitness, Physical Activity and Sedentary Behavior Variables.

PF—Physical functioning; RP—Role limitations due to physical health; BP—Bodily Pain; GH—General Health; VT—Vitality; SF—Social Functioning; RE—Role limitations due to emotional problems; MH—Mental Health; PCS—Physical Component Scale; MCS—Mental Component Scale; MVPA—moderate to vigorous physical activity; PA—physical activity; LPA—light physical activity; MPA—moderate physical activity; VPA—vigorous physical activity; vVPA—very vigorous physical activity; ST—sedentary time; 6RM-LP—six-repetition leg press; 6RM-LR—six-repetition maximum lateral raise; 6RM-BP—six-repetition maximum bench press; kcal—kilocalories; BW—body weight (kg); BMI—body mass index (kg/m2); C—circumference; contr—contracted; SF—skinfold; Abd—abdominal; SK—skinfold; Sum6-SK—sum of six skinfolds; SMM—skeletal muscle mass (kg); %BF—body fat percentage; CSA—cross-sectional area; SBP—systolic blood pressure; DBP—diastolic blood pressure; t-end-test—time-end-test; v-end-test—speed-end-test; %-end-test — incline-end-test; aVO2peak—absolute peak oxygen consumption (l/min); rVO2peak—relative peak oxygen consumption (ml/kg/min); HRpeak—peak heart rate (bpm); VEpeak—peak ventilation (l/min); %VO2 at VT1—percentage of oxygen consumption at ventilatory threshold 1; %VO2 at VT2—percentage of oxygen of consumption at ventilatory threshold 2; TUG-3m—3 meters timed-up-and-go; TUG-10m—10 meters timed-up-and-go; TUDS— timed-up-and-down-stairs.

Supplementary Table S3. Logistic Regression Predicting the Likelihood of having of not healthy QoL scores

QoL - Quality of Life; MCS - mental component scales; C - circumference; 6RM-LP - six repetition maximum leg press; SE - standard error; df - degrees of freedom; Sig. - significance; OR - odds ratio; CI - confidence interval.