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

	Males				***Females***			
	n	**Mean**		SD	n	Mean		SD
Physical Activity								
LPA (min/day)	3	70.9	±	39.2	60	115.2	±	57.9
MPA (min/day)	3	15.2	±	8.4	60	24.8	±	13.5
VPA (min/day)	3	19.9	±	9.2	60	13.8	±	11.1
vVPA (min/day)	3	12.5	±	10.0	60	6.8	±	13.5
MVPA (min/day)	3	47.6	±	25.1	60	45.3	±	22.6
AT (min/day)	3	118.5	±	58.7	60	158.4	±	64.0
ST (min/day)	3	511.8	±	53.9	60	531.3	±	101.2
Relative ST (%)	3	81.3	±	8.8	60	76.8	±	10.2
Wear time (min/day)	3	630.3	±	39.2	60	689.7	±	79.0
Muscular Strength								
6RM-BP (kg)	3	55.9	±	13.3	60	42.8	±	6.4
6RM-LP (kg)	3	101.3	±	2.6	60	83.2	±	17.0
6RM-LR (kg)	3	53.7	±	11.2	60	42.5	±	8.3
Cardiorespiratory Fitness								
SBP (mmHg)	3	110.0	±	10.0	60	97.5	±	10.8
DBP (mmHg)	3	65.0	±	5.0	60	58.9	±	6.8
Time-end-test	3	8.3	±	0.2	60	7.9	±	1.4
Speed-end-test	3	7.5	±	0.3	60	7.0	±	0.7
Incline-end-test	3	12.8	±	0.3	60	12.1	±	1.4
rVO2peak (ml/kg/min)	3	45.4	±	3.1	60	38.3	±	6.3
aVO2peak (l/min)	3	2.5	±	0.4	60	1.7	±	0.3
HRpeak (bpm)	3	182.7	±	6.4	60	187.6	±	9.5
VEpeak (l/min)	3	103.8	±	22.0	60	65.4	±	14.3
%VO2 at VT1	3	64.7	±	21.8	60	51.1	±	10.3
%VO2 at VT2	2	78.2	±	7.9	39	84.0	±	10.0
Functional Mobility								
TUG-3m (seconds)	3	4.1	±	0.5	60	4.2	±	0.3
TUG-10m (seconds)	3	9.0	±	0.7	60	9.6	±	0.8
TUDS (seconds)	3	6.3	±	0.2	60	6.2	±	0.7
Body Composition								
Height (m)	3	1.7	±	0.1	60	1.6	±	0.7
BW (kg)	3	58.8	±	11.3	60	44.8	±	6.8
BMI (kg/m^2)	3	19.7	±	0.7	60	17.9	±	2.1
SMM (kg)	3	26.4	±	5.1	60	17.4	±	3.0
%BF	3	15.9	±	1.4	60	20.4	±	3.9
∑6-SK (mm)	3	35.7	±	5.2	60	68.5	±	20.9
Abdominal-SK (mm)	3	14.5	±	2.7	60	14.2	±	5.6
Arm-C relaxed (cm)	3	25.5	±	3.7	60	22.7	±	2.3
Arm-C contracted (cm)	3	25.2	±	1.0	60	23.6	±	2.0
Upper-Thigh-C (cm)	3	50.0	±	2.8	60	49.4	±	5.0
Mid-Thigh-C (cm)	3	50.0	±	2.8	60	47.1	±	5.0
Calf-C relaxed (cm)	3	35.9	±	0.5	60	32.1	±	2.7
Calf-C contracted (cm)	3	36.1	±	0.7	60	32.6	±	3.0
Arm CSA (cm^2)	3	35.6	±	13.8	60	22.4	±	5.2
Mid-Thigh CSA (cm^2)	3	184.6	±	21.2	60	133.9	±	25.3
Quality of Life								
PF	3	95.0	±	0.0	60	83.1	±	22.1
RP	3	58.3	±	25.3	60	67.2	±	26.2
BP	3	94.7	±	9.2	60	73.4	±	23.3
GH	3	69.2	±	9.5	60	64.7	±	19.3
VT	3	68.8	±	16.5	60	62.1	±	22.6
SF	3	66.7	±	31.5	60	65.4	±	28.4
RE	3	61.1	±	37.6	60	72.1	±	25.3
MH	3	53.3	±	29.3	60	58.1	±	24.7
PCS	3	57.0	±	2.3	60	51.0	±	8.0

MCS	3	37.0	±	18.2	60	41.3	±	13.4

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.