Table S1. Pearson correlation between physical fitness and physical activity.

	Cardiorespiratory fitness	Upper-limbs muscular strength	Lower-limbs muscular strength	Speed–agility*
Moderate-to-vigorous physical activity	0.334**	0.026	0.245**	0.251**

Data were adjusted for sex. *In the speed–agility test, less time indicates a faster runner; a lower score indicates better performance. **$p < 0.01$