

## Appendix A.

**Table 1A.** Physical Characteristics and Physical Activity Measured by IPAQ-SF and Accelerometer.

Characteristics	Mean ( <i>SD</i> )
Age (years)	58.25 (5.45)
Weight (kg)	58.78 (8.58)
Height (cm)	159.97 (7.31)
Body mass index	22.92 (2.60)
IPAQ-SF	
Vigorous (min/day)	4.66 (22.97)
Moderate (min/day)	31.87 (40.08)
Moderate + Vigorous (min/day)	36.54 (51.73)
Walking (min/day)	51.73 (40.07)
Total time in activity (min/day)	95.29 (83.55)
Total activity (MET-min/day)	358.71 (357.2)
Sitting weekdays (min/day)	538.19 (146.80)
Sitting weekend (min/day)	548.46 (166.97)
Accelerometer	
Vigorous (min/day)	0.52 (1.03)
Moderate (min/day)	35.29 (22.96)
Moderate to vigorous (min/day)	35.84 (23.28)

Sedentary (min/day)	642.35 (99.50)
Steps (per day)	6003.87 (2791.12)

*Note.*  $n = 240$ . IPAQ-SF = International Physical Activity Questionnaire–Short form.

#### Appendix B.

**Figure 1B.** Bland–Altman Plot of Sitting/Sedentary Time (Min/Day) as Assessed by IPAQ-SF and Accelerometer.

