

Supplementary table 1. Age and chronotype

	Morning type	Nither type	Evening type	p value
Male				
Below 39	219 (22.2)	576 (58.5)	190 (19.3)	<.001
Over 40	992 (44.4)	1065 (47.6)	179 (8.0)	
Female				
Below 39	213 (34.8)	317 (51.5)	84 (13.7)	0.004
Over 40	284 (41.8)	335 (49.3)	60 (8.8)	

P values were calculated with chi-square test.

Supplementary table 2. Age and LTPA in men (n = 3221)

	Regular LTPA	p value	Sufficient duration	p value
Strolling				
Below 39	332 (33.7)	.471	399 (40.5)	<.001
Over 40	783 (35.0)		741 (33.1)	
Brisk walking				
Below 39	151 (15.3)	<.001	203 (20.6)	.050
Over 40	493 (22.0)		531 (23.7)	
Light- and moderate-intensity PA				
Below 39	98 (9.9)	.003	309 (31.4)	.115
Over 40	307 (13.7)		765 (34.3)	
Vigorous-intensity PA				
Below 39	202 (20.5)	.084	493 (50.1)	<.001
Over 40	401 (17.9)		649 (29.0)	

LTPA: Leisure-time physical activity; PA: physical activity.

Figures are presented as the numbers (%).

P values were calculated with chi-square test.

Supplementary table 3. Age and LTPA in women (n = 1294)

	Regular LTPA	p value	Sufficient duration	p value
Strolling				
Below 39	200 (32.5)	<.001	271 (44.1)	<.001
Over 40	160 (23.6)		190 (28.0)	
Brisk walking				
Below 39	78 (12.7)	.198	121 (19.7)	.495
Over 40	103 (15.2)		144 (21.2)	
Light- and moderate-intensity PA				
Below 39	37 (6.0)	.011	114 (18.5)	<.001
Over 40	67 (9.9)		198 (29.2)	
Vigorous-intensity PA				
Below 39	53 (8.6)	.227	158 (25.7)	.005
Over 40	72 (10.6)		130 (19.1)	

LTPA: Leisure-time physical activity; PA: physical activity.

Figures are presented as the numbers (%).

P values were calculated with chi-square test.