



Supplementary Materials

# Relationship between Physical Activity and Sedentary Behavior, Spinal Curvatures, Endurance and Balance of the Trunk Muscles-Extended Physical Health Analysis in Young Adults

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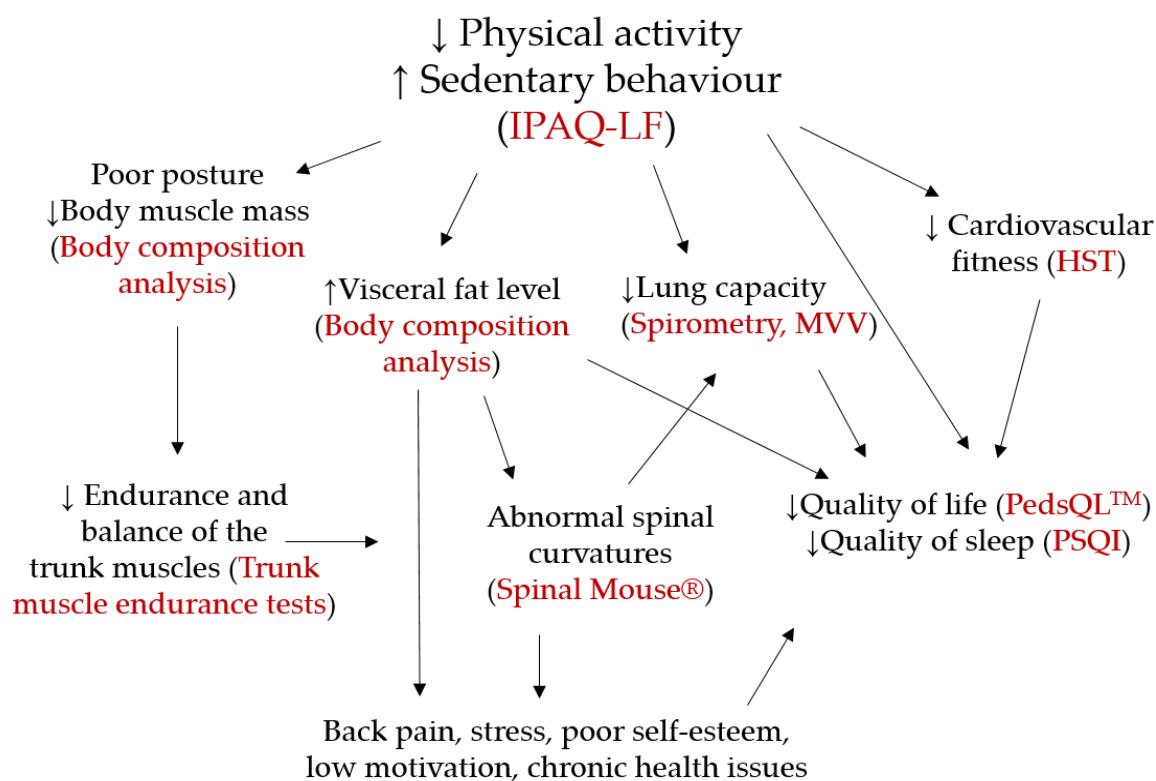
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**Figure S1.** Interplay of possible consequences of low physical activity and sedentary behavior with accompanying measurement methods. IPAQ-LF, the International Physical Activity Questionnaire-Long Form; HST, Harvard step test; PedsQL™, Pediatric Quality of Life Inventory™; PSQI, Pittsburgh Sleep Quality Index; MVV, Maximal Voluntary Ventilation.

**Table S1.** Pearson correlation analysis for spinal curvatures vs. BMI, body composition, quality of life and sleep, endurance and balance of the trunk muscles, cardiovascular fitness and respiratory function.

N = 82		Spinal curvatures
Variable	Thoracic kyphosis angle - straight posture (°) r/p	Lumbar lordosis angle - straight posture (°) r/p
<b>BMI (kg/m<sup>2</sup>)</b>	0.026/0.849	-0.167/0.216
<b>Body composition</b>		
Visceral fat level	0.084/0.535	-0.209/0.121
Body fat (%)	-0.140/0.302	0.277/0.038*
Muscle mass (%)	0.143/0.293	-0.284/0.034*
<b>Quality of life (PedsQL™)</b>		
Physical health	0.191/0.159	-0.017/0.899
Psychosocial health	0.002/0.985	0.068/0.615
Total score	0.077/0.568	0.044/0.745
<b>Sleep quality (PSQI)</b>	-0.012/0.925	0.017/0.897
<b>Trunk muscle endurance</b>		
Trunk flexor test (sec)	-0.128/0.346	-0.142/0.297
Trunk extensor test (sec)	-0.132/0.331	0.264/0.049*
Trunk extensor/flexor test ratio	0.002/0.985	0.323/0.015*
<b>Cardiovascular fitness (HST)</b>	-0.180/0.182	-0.247/0.066
<b>MVV (L/min) (Spirometry)</b>	0.102/0.451	-
	0.289/0.030*	

\*statistical significance; BMI, Body Mass Index; N, number; r, Pearson correlation coefficient; p, level of statistical significance; PSQI, Pittsburgh Sleep Quality Index; PedsQL™, Pediatric Quality of Life Inventory™; HST, Harvard Step Test; MVV, Maximal Voluntary Ventilation.