

Table S1. Items included in Active-Q questionnaire and corresponding MET values [1].

Sporting activities	MET value
Aerobics or cardio fitness class	6.5
Weight lifting	6
Jogging, running or orienteering	8
Athletics, (eg, high jump, long jump or three-step)	6
Spinning or cycling in demanding terrain	8.5
Swimming	6
Martial arts (eg judo or karate)	10
Boxing or wrestling	6
Yoga, Pilates or Tai chi	3
Tennis, badminton or table tennis	7
Squash	7.3
Sailing, surfing, canoeing or rowing	3
Ball sports in team (eg, soccer, basketball, or volleyball)	6
Golf	4.5
Dance class or competitive dancing	4.5
Horseback riding	4
Ice skating, ice hockey or bandy	7
Skiing downhill or cross country	7
Motor sports (eg, motorcross)	4
Rock climbing	8
Other	2.5

Abbreviations: MET=metabolic equivalent task ($=3.5 \text{ mlO}_2 \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$); Other = Other or Does not apply to me or Don't know or Don't want to answer.

1. Ainsworth, B.E.; Haskell, W.L.; Herrmann, S.D.; Meckes, N.; Bassett, D.R.; Tudor-Locke, C.; Greer, J.L.; Vezina, J.; Whitt-Glover, M.C.; Leon, A.S. 2011 compendium of physical activities: A second update of codes and MET values. *Med. Sci. Sports Exerc.* **2011**, *43*, 1575–1581, doi:10.1249/MSS.0b013e31821ece12.