Table S1. Anthropometric variables of all women

VARIABLE	PHYSICAL ACTIVITY		P VALUE	PR (CI 95%)
	ACTIVE N (%)	SEDENTARY N (%)		
BMI				
Normal	116 (31.44)	99 (31.94)		0.95 (0.79;1.14)
Overweight	131 (35.50)	102 (32.90)	0.755	1.02 (0.85;1.22)
Obesity	122 (33.06)	109 (35.16)		
FMI				
Normal	78 (21.43)	59 (19.47)		
Overweight	140 (38.46)	121 (39.93)	0.815	1.04 (0.90;1.20)
Obesity	146 (40.11)	123 (940.59)		1.03 (0.90;1.19)
WC				
Risk-free	123 (33.06)	96 (30.67)		
High risk	105 (28.23)	83 (26.52)	0.552	1.00 (0.81;1.24)
Very high risk	144 (38.71)	134 (42.81)		1.08 (0.92;1.26)
WHtR				
Low risk	113 (30.38)	96 (30.67)		
High risk	259 (69.62)	217 (69.33)	0.934	0.99 (0.90;1.10)
WHR				
Baixo risco	94 (25.27)	79 (25.24)		
Alto risco	278 (74.73)	234 (74.76)	0.993	1.00 (0.91;1.09)
Bone mass				
Normal	155 (44.67)	135 (45.92)	0.331	
Osteopenia	111 (31.99)	104 (35.37)		1.04 (0.85;1.27)
Osteoporosis	81 (23.34)	55 (18.71)		0.84 (0.63;1.12)
Appendicular Lean Mass				
	53 (14.29)	51 (16.29)	0.466	1.14 (0.80;1.62)
Low	318 (85.71)	262 (83.71)		
Discharge				

Table S2. Body indices derived from anthropometric and DEXA measurements of women who have not gone through menopause.

VARIABLE	PHYSICAL ACTIVITY		P VALUE	PR (CI 95%)
	ACTIVE N (%)	SEDENTARY N (%)		
BMI	82 (36.61)	76 (42.94)		0.73 (0.55;0.97)
NORMAL	80 (35.71)	43 (24.29)	0.048	1.00 (0.76;1.31)
Overweight	62 (27.68)	58 (32.77)		
Obesity				

FMI				
Normal	59 (27.06)	45 (26.01)		0.99 (0.79;1.24)
Overweight	77 (35.32)	58 (33.53)	0.847	1.04 (0.85;1.28)
Obesity	82 (37.61)	70 (40.46)		
WC				
Risk-free	92 (40.89)	81 (45.00)		0.85 (0.63;1.16)
High risk	64 (28.44)	44 (24.44)	0.608	0.94 (0.71;1.23)
Very high risk	69 (30.67)	55 (30.56)		
WHtR				
Low risk	91 (40.44)	86 (47.78)	0.139	0.87 (0.73;1.04)
High risk	134 (59.56)	94 (52.22)		
WHR				
Baixo risco	83 (36.89)	72 (40)	0.522	0.95 (0.81;1.11)
Alto risco	142 (63.11)	108 (60)		
Bone mass				
Normal	122 (60.10)	89 (54.60)		
Osteopenia	48 (23.65)	65 (39.88)	0.000	1.49 (1.10;2.02)
Osteoporosis	33 (16.26)	9 (5.52)		0.43 (0.21;0.86)
Appendicular Lean Mass				
Low	31 (13.84)	35 (19.44)	0.130	1.40 (0.90;2.18)
Discharge	193 (86.16)	145 (80.56)		

Table S3. Anthropometric variables of postmenopausal women

VARIABLE	PHYSICAL ACTIVITY		P VALUE	PR (CI 95%)
	ACTIVE N (%)	**SEDENTARY** N (%)		
BMI	34 (23.45)	23 (17.29)		
Normal	51 (35.17)	59 (44.36)	0.232	1.19 (0.96;1.49)
Overweight	60 (41.38)	51 (38.35)		1.07 (0.87;1.33)
Obesity				
FMI				
Normal	19 (13.01)	14 (10.77)		
Overweight	63 (43.15)	63 (48.46)	0.648	1.06 (0.90;1.24)
Obesity	64 (43.84)	53 (40.77)		1.02 (0.86;1.21)
WC				
Risk-free	31 (21.09)	15 (11.28)		
High risk	41 (27.89)	39 (29.32)	0.081	1.26 (0.97;1.64)
Very high risk	75 (51.02)	79 (59.40)		1.18 (1.02;1.38)
WHtR	22 (14.97)	10 (7.52)		
Low risk	125 (85.03)	123 (92.48)	0.050	1.08 (1.00;1.18)
High risk				
WHR				
Baixo risco	11 (7.48)	7 (5.26)	0.449	1.02 (0.96;1.08)

Alto risco	136 (92.52)	126 (94.74)		

Bone mass

Normal	33 (22.92)	46 (35.11)		
Osteopenia	63 (43.75)	39 (29.77)	0.027	0.69 (0.53;0.91)
Osteoporosis	48 (33.33)	46 (35.11)		0.84 (0.64;1.10)

Appendicular Mass	**Lean**			
	22 (14.97)	16 (12.03)		
Low	125 (85.03)	117 (87.97)	0.474	0.80 (0.44;1.46)
Discharge				

Table S4. Anthropometric variables of physiological, premature, and early postmenopausal women.

Variable	PHYSIOLOGICAL PHYSICAL ACTIVITY		P VALUE	PREMATURE PHYSICAL ACTIVITY		P VALUE	PRECOCIOUS PHYSICAL ACTIVITY		P VALUE
	ACTIVE N (%)	SEDENTARY N (%)		ACTIVE N (%)	SEDENTARY N (%)		ACTIVE N (%)	SEDENTARY N (%)	
BMI		11(15.07)							
Normal	20(25.00)	34 (46.58)	0.177	4(16.67)	2(9.09)	0.336	10(24.39)	10(26.32)	
Overweight	27(33.75)	28 (38.36)		12(50.00)	8(36.36)		12(29.27)	17(44.74)	0.248
Obesity	33(41.25)			8(33.33)	12(54.55)		19(46.34)	11(28.95)	
FMI		6(8.33)							
Normal	9(11.25)	35(48.61)	0.770	4(16.67)	1(5.00)	0.423	5(12.20)	7(18.42)	
Overweight	35(43.75)	31(43.06)		10(41.67)	8(40.00)		18(43.90)	20(52.63)	0.402
Obesity	36(45.00)			10(41.67)	11(55.00)		18(43.90)	11(28.95)	
WC		10(13.70)							
Risk-free	16(20.00)	42(57.53)	0.407	6(25.00)	0(0.00)	0.032	7(17.07)	5(13.16)	
High risk	38(47.50)	21(28.77)		12(50.00)	17(77.27)		25(60.98)	20(52.63)	0.519
Very high risk	26(32.50)			6(25.00)	5(22.73)		9(21.95)	13(34.21)	
WHtR		7(9.59)							
Low risk	11(13.75)	66(90.41)	0.462	3(12.50)	0(00.00)	0.086	6(14.63)	3(7.89)	
High risk	69(86.25)			21(87.50)	22(100.00)		35(85.37)	35(92.11)	0.346
WHR		5(6.85)							
Low	5 (6.25)	68(93.15)	1.000	1(4.17)	0(0.00)	0.333	3(7.32)	2(5.26)	
High risk	75(93.75)			23(95.83)	22(100.00)		38(92.68)	36(94.74)	0.708

Bone mass

Normal	15(18.99)	25(34.72)	0.084	9(39.13)	13(59.09)	0.345	9(22.50)	8(21.62)	0.167
Osteopenia	37(46.84)	25(34.72)		8(34.78)	4(18.18)		18(45.00)	10(27.03)	
Osteoporosis	27(34.18)	22(30.56)		6(26.09)	5(22.73)		13(32.50)	19(51.35)	

Appendicular lean mass

Low	11(13.75)	8(10.96)	0.633	3(12.50)	1(4.55)	0.339	6(14.63)	7(18.42)	0.765
Discharge	69(86.25)	65(89.04)		21(87.50)	21(95.45)		35(85.37)	31(81.58)	

Table S5. Prevalence ratio adjusted for age, race and skin color, of the overall sample.

Variable	PR (CI 95%)*	PR (CI 95%)**	PR (CI 95%)***
BMI overweight	0.99 (0.89;1.09)	0.97 (0.87;1.07)	0.99 (0.89;1.09)
BMI obesity	1.11 (0.89;1.32)	1.02 (0.82;1.22)	1.11(0.89;1.32)
FMI overweight	1.16 (0.91;1.41)	1.07 (0.84;1.31)	1.16 (0.91;1.41)
FMI obesity	1.05 (0.92;1.17)	1.02 (0.90;1.14)	1.04 (0.92;1.16)
WC High risk	1.09 (0.86;1.33)	1.00 (0.78;1.22)	1.09 (0.85;1.32)
WC Very high risk	1.12 (0.85;1.32)	1.04 (1.01;1.24)	1.12 (0.94;1.15)
WHtR	1.11 (1.00;1.24)	0.99 (0.91;1.31)	1.11 (0.82;1.16)
WHR	1.12 (0.91;1.31)	1.00 (0.91;1.32)	1.12 (0.81;1.19)
Bone mass osteopenia	1.12 (0.91;1.33)	1.04 (0.92;1.32)	1.12 (0.85;1.22)
Bone mass osteoporosis	0.95 (0.92;1.32)	0.93 (0.82;1.07)	0.94 (0.82;1.04)
Lean Mass Index	1.08 (0.82;1.07)	1.08 (0.85;1.31)	1.07 (0.84;1.30)

Table S6. Prevalence ratio adjusted for age, race and skin color, of women who did not go through menopause.

Variável	PR (CI 95%)*	PR (CI 95%)**	PR (CI 95%)***
BMI overweight	0.88 (0.76;1.01)	0.86 (0.74;0.98)	0.88 (0.76;1.01)
BMI obesity	1.11 (0.85;1.37)	1.00 (0.76;1.24)	1.11 (0.85;1.37)
FMI overweight	1.13 (0.82;1.44)	0.99 (0.71;1.29)	1.13 (0.82;1.44)
FMI obesity	1.05 (0.90;1.20)	1.02 (0.88;1.17)	1.04 (0.90;1.19)
WC High risk	0.96 (0.70;1.23)	0.86 (0.63;1.12)	0.95 (0.70;1.23)
WC Very high risk	1.04 (0.91;1.18)	0.97 (0.85;1.09)	1.04 (0.91;1.18)
WHtR	0.97 (0.75;1.20)	0,84 (0.65;1.04)	0.97 (0.75;1.19)
WHR	1.05 (0.82;1.28)	0.92 (0.72;1.14)	1.05 (0.82;1.28)
Bone mass osteopenia	1.52 (1.23;1.78)	1.36 (1.09;1.62)	1.52 (1.23;1.78)
Bone mass osteoporosis	0.82 (0.60;1.06)	0.73 (0.54;0.94)	0.82 (0.60;1.06)
Lean Mass Index	1.23 (0.92;1.53)	1.23 (0.93;1.53)	1.23 (0.92;1.53)

* Adjusted for age; ** Adjusted by Race/Color; ***Adjusted for age and race/color

Table S7. Prevalence ratio adjusted for age and race, skin color, and women who have already gone through menopause.

Variable	PR (CI 95%)*	PR (CI 95%)**	PR (CI 95%)***
BMI overweight	0.88 (0.76;1.01)	0.86 (0.74;0.98)	0.88 (0.76;1.01)
BMI obesity	1.13 (0.75;1.53)	1.18 (0.79;1.58)	1.18 (0.79;1.58)
FMI overweight	1.17 (0.74;1.61)	1.18 (0.75;1.62)	1.18 (0.75;1.62)
FMI obesity	1.03 (0.81;1.26)	1.04 (0.82;1.27)	1.04 (0.82;1.27)
WC High risk	1.49 (0.94;2.05)	1.51 (0.95;2.07)	1.52 (0.96;2.08)
WC Very high risk **WHtR**	1.29 (1.03;1.55)	1.28 (1.03;1.55)	1.29 (1.04;1.56)
	1.60 (1.00;2.20)	1.64 (1.03;2.23)	1.65 (1.04;2.25)
WHR	1.26 (0.68;1.85)	1.25 (0.67;1.84)	1.28 (0.69;1.87)
Bone mass osteopenia	0.67 (0.44;0.93)	0.65 (0.43;0.90)	0.67 (0.43;0.93)
Bone mass osteoporosis	0.92 (0.79;1.05)	0.91 (0.78;1.04)	0.92 (0.79;1.05)
Lean Mass Index	0.87 (0.55;1.23)	0.84 (0.52;1.20)	0.85 (0.53;1.20)

* Adjusted for age; ** Adjusted by Race/Color; ***Adjusted for age and race/color