**S2 Table** Different intensity categories for physical activities based on age and Metabolic Equivalent of Task (MET) according to values assigned in the Ainsworth compendium for physical activity.

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| --- | --- | --- | --- |
|  | **Ainsworth and Dutch norms for the intensity of an activity** | | |
| **Age** | **Light intensity** | **Moderate intensity** | **Vigorous intensity** |
| **<18 years** | <5 MET | 5-8 MET | >8 MET |
| **18-55 years** | <4 MET | 4-6.5 MET | >6.5 MET |
| **>55 years** | <3 MET | 3-5 MET | >5 MET |