

	Very active	Active	Sedentary
Total EE (avg kj)	13529±2272	12690±3560	11248±2420
Active EE >3.0MET (avg kj)	4059±1193	3750±2758	2093±979
Avg # of steps	10844±3341	8964±3958	7815±2412
Length of regular exercise (years)	12.3±9.5	7.8±5.8	N/A
Total aerobic exercise (mins per week)	336±176	648±498	N/A
Total run/cycle (mins per week)	270±157	291±232	N/A
Total resistance exercise (mins per week)	165±114	156±88	N/A

Additional File 2.. Activity data for participants from the Body Media device and questionnaires.