

S1 Table. Linear trends between MVPA, LPA or SED and HRQoL dimensions.

Exposure Outcome	MVPA	LPA	SED
Physical functioning	<.001*	<.001*	.001*
Role physical	<.001*	<.001*	.312
Bodily pain	.034*	.232	.521
General health	<.001*	<.001*	.383
Vitality	.338	.001*	.643
Social functioning	.811	.001*	.169
Role emotional	.321	<.001*	.775
Mental health	.522	.008*	.018*
Role physical	<.001*	<.001*	.312

Linear trends between exposures (MVPA, LPA and SED) and HRQoL dimensions (outcomes) presented as p-values. *p< 0.05 represents that the relationship fits a linear trend.