

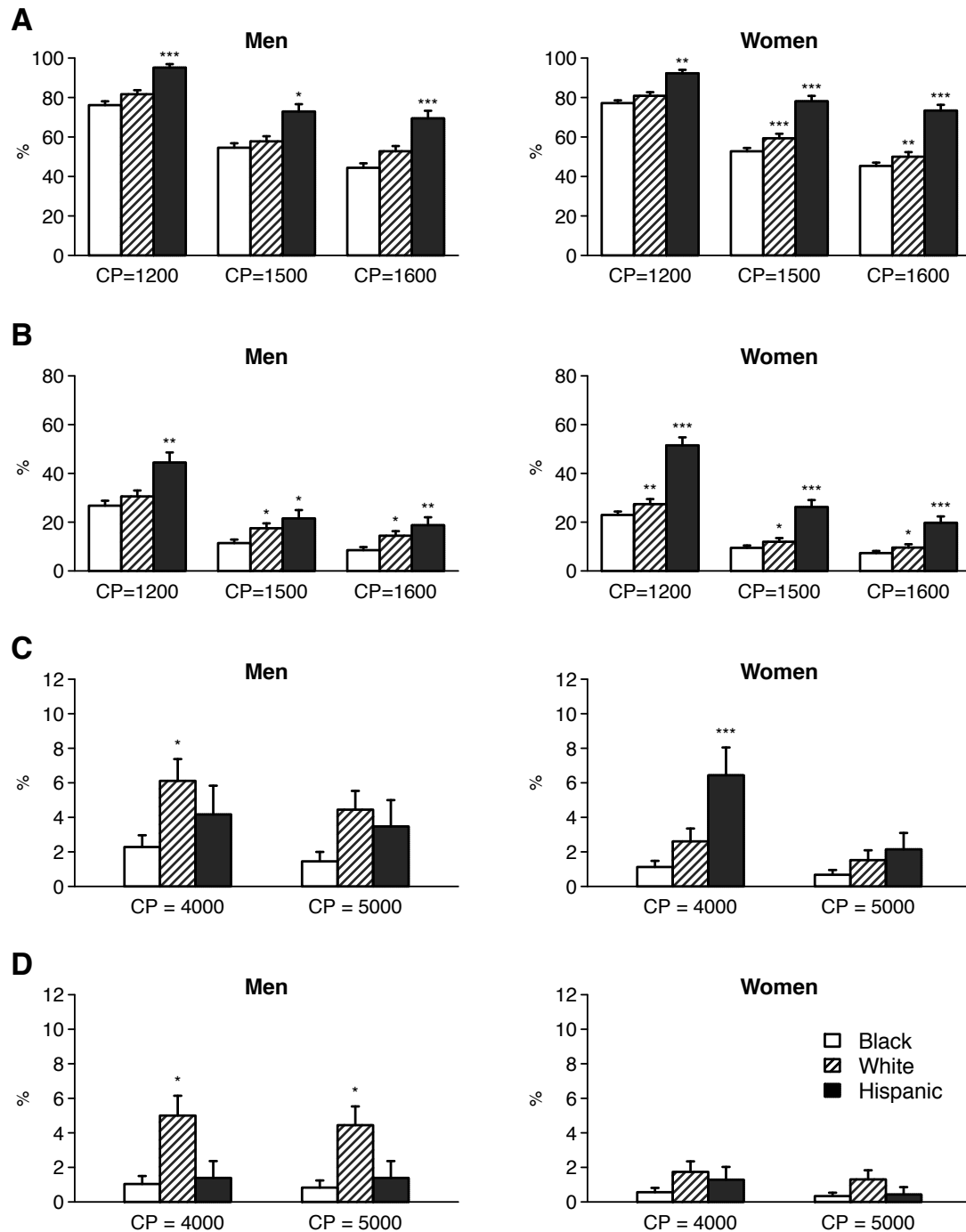


Figure – Estimates of adherence to PA guidelines by count cut-point (CP). (A) Moderate-to-vigorous activity $\geq 150 \text{ min} \cdot \text{wk}^{-1}$, total (≥ 1 -minute bouts); (B) moderate-to-vigorous activity $\geq 150 \text{ min} \cdot \text{wk}^{-1}$ in ≥ 10 -minute bouts; (C) vigorous activity $\geq 75 \text{ min} \cdot \text{wk}^{-1}$, total (≥ 1 -minute bouts); (D) vigorous activity $\geq 75 \text{ min} \cdot \text{wk}^{-1}$ in ≥ 10 -minute bouts. * $P < 0.05$; ** $P < 0.01$; *** $P < 0.001$