**Supplementary Table 3. Categories of activity patterns (based on mean counts per minute) over three time points among the “stable low” men who never met the guidelines, n=1083**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Stable low group   (never met MVPA guidelines)** | **N** | **%** | **Number of steps at baseline1** | **Steps difference after one year1** | **% of time in MVPA 1+ at baseline2** | **MVPA 1+ difference after one year2** | **% of time in MVPA 10+ at baseline2** | **MVPA 10+ difference after one year2** |
| Stable low  (always <=99 cpm) | 211 | 19.5 | 1798 (1619,1979) | -162 (-210,-113) | 1.0  (0.8,1.1) | -0.1  (-0.2,-0.1) | 0.0 (0.0,0.1) | -0.0 (-0.0,0.0) |
| Stable med-low  (always between 100-199 cpm) | 336 | 31.0 | 3967 (3799,4134) | -223 (-279,167) | 2.9  (2.7,3.1) | -0.3  (-0.3,-0.2) | 0.5 (0.3,0.6) | -0.1 (-0.1,-0.0) |
| Decreaser | 261 | 24.1 | 4737 (4475,5199) | -840 (-915,-766) | 4.6  (4.1,5.1) | -1.1  (-1.3,-1.0) | 0.7 (0.5,0.8) | -0.2 (-0.2,-0.2) |
| Increaser | 101 | 9.3 | 3614 (2979,4249) | 537 (408,666) | 2.1  (1.3,3.1) | 1.0  (0.8,1.2) | 0.3 (0.0,0.5) | 0.1 (0.1,0.2) |
| Stable med-high  (always between 200-299 cpm) | 72 | 6.6 | 5796 (5424,6169) | -77 (-213,59) | 6.0  (5.4,6.6) | -0.1  (-0.3,0.2) | 1.0 (0.7,1.3) | -0.0 (-0.1,0.8) |
| Stable high  (always >=300 cpm) | 19 | 1.8 | 7608 (6233,8983) | -242 (-648,162) | 8.7 (6.5,10.9) | -0.5  (-1.4,0.4) | 1.3 (0.7,1.8) | -0.1 (-0.4,0.2) |
| Inconsistent | 83 | 7.7 | 4285 (3674,4896) | -280 (-457,-102) | 3.2  (2.3,4.1) | -0.3  (-0.5,-0.0) | 0.4 (0.1,0.6) | -0.0 (-0.1,0.5) |
| Total | 1083 | 100 |  |  |  |  |  |  |
| 1 Mean (95%CI) adjusted for age, day order, season, region and wear time | | | | | | | | |
| 2 Mean (95%CI) adjusted for age, day order, season and region | | | | | | | | |