**Supplemental Digital Content 2. Intrapair differences in leisure-time physical activity among FITFATTWIN study participants**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **LTPA**  | **Inactive (N=10)** | **Active (N=10)** | **Mean difference****(95% CI)** | ***P* value** |
| *LTPA MET-h/day* a,b |  |  |  |  |
| 12-mo-LTMET index at mean age 34 y  | 1.2 ± 0.9 | 3.9 ± 1.2 | 2.8 (2.0 to 3.5) | <0.001 |
| 3-yr-LTMET index (mean; 1 to 3 years prior to the FITFATTWIN study) | 1.7 ± 1.3 | 5.0 ± 2.7 | 3.3 (1.9 to 4.8) | 0.001 |
|  |  |  |  |  |
| LTPA MET index 1 to 6 years (y) prior to the FITFATTWIN study  |  |  |  |  |
| 1 y  | 1.4 ± 1.5 | 5.6 ± 4.4 | 4.3 (1.8 to 6.7) | 0.005 |
| 2 y  | 1.1 ± 0.7 | 5.6 ± 3.0 | 4.4 (2.4 to 6.4) | 0.001 |
| 3 y  | 2.6 ± 2.4 | 3.9 ± 2.5 | 1.3 (-0.3 to 2.9) | 0.096 |
| 4 y  | 3.4 ± 3.7 | 3.4 ± 2.5 | -0.1 (-3.1 to 2.9) | 0.58 |
| 5 y  | 3.7 ± 3.2 | 2.8 ± 2.6 | -0.9 (-3.8 to 1.9) | 0.96 |
| 6 y  |  3.3 ± 3.6 | 4.1 ± 3.7 | 0.9 (-2.6 to 4.4) | 0.58 |
|  |  |  |  |  |
| LTPA MET index at mean age of 24.5 years  | 5.0 ± 2.6 | 4.5 ± 3.5 | -0.5 (-1.6 to 0.5) | 0.28 |
|  |  |  |  |  |
| *LTPA frequency c* |  | **n** |  |  | **n** |  |  | ***P* valuee** |  |
| LTPA frequency at mean age of 34 years  |  |  | 0.063 |
| Not at all | 0 | 0 |  |
| Less than once a month | 3 | 0 |  |
| 1-2 times a month | 4 | 0 |  |
| About once a week | 2 | 0 |  |
| 2-3 times a week | 1 | 8 |  |
| 4-5 times a week | 0 | 0 |  |
| About every day | 0 | 2 |  |
| LTPA frequency at mean age of 24.5 years  |  |  | 1.0 |
| Not at all | 0 | 1 |  |
| Less than once a month | 0 | 1 |  |
| 1-2 times a month | 1 | 1 |  |
| About once a week | 3 | 1 |  |
| 2-3 times a week | 5 | 4 |  |
| 4-5 times a week | 1 | 1 |  |
| About every day | 0 | 1 |  |
| LTPA frequency at age 18.5 years (N=18)  |  |  | 1.0 |
| Not at all | 0 | 0 |  |
| Less than once a month | 0 | 0 |  |
| 1-2 times a month | 0 | 1 |  |
| About once a week | 2 | 3 |  |
| 2-3 times a week | 3 | 1 |  |
| 4-5 times a week | 3 | 3 |  |
| About every day | 1 | 1 |  |
| LTPA frequency at age 17 years  |  |  | 1.0 |
| Not at all | 0 | 0 |  |
| Less than once a month | 0 | 0 |  |
| 1-2 times a month | 0 | 1 |  |
| About once a week | 2 | 1 |  |
| 2-3 times a week | 3 | 2 |  |
| 4-5 times a week | 3 | 3 |  |
| About every day | 2 | 3 |  |
| LTPA frequency at age 16 years  |  |  | 1.0 |
| Not at all | 0 | 1  |  |
| Less than once a month | 0 | 0 |  |
| 1-2 times a month | 0 | 1 |  |
| About once a week | 1 | 2 |  |
| 2-3 times a week | 4 | 1 |  |
| 4-5 times a week | 3 | 2 |  |
| About every day | 2 | 3 |  |

LTPA, leisure-time physical activity; CI, confidence interval; MET, metabolic equivalent

aPhysical activity during leisure-time and journeys to and from work.

bAccording to the physical activity interviews in the FITFATTWIN study examinations.

cAccording to the questionnaire surveys to FinnTwin16 Cohort.

dStata symmetry test.