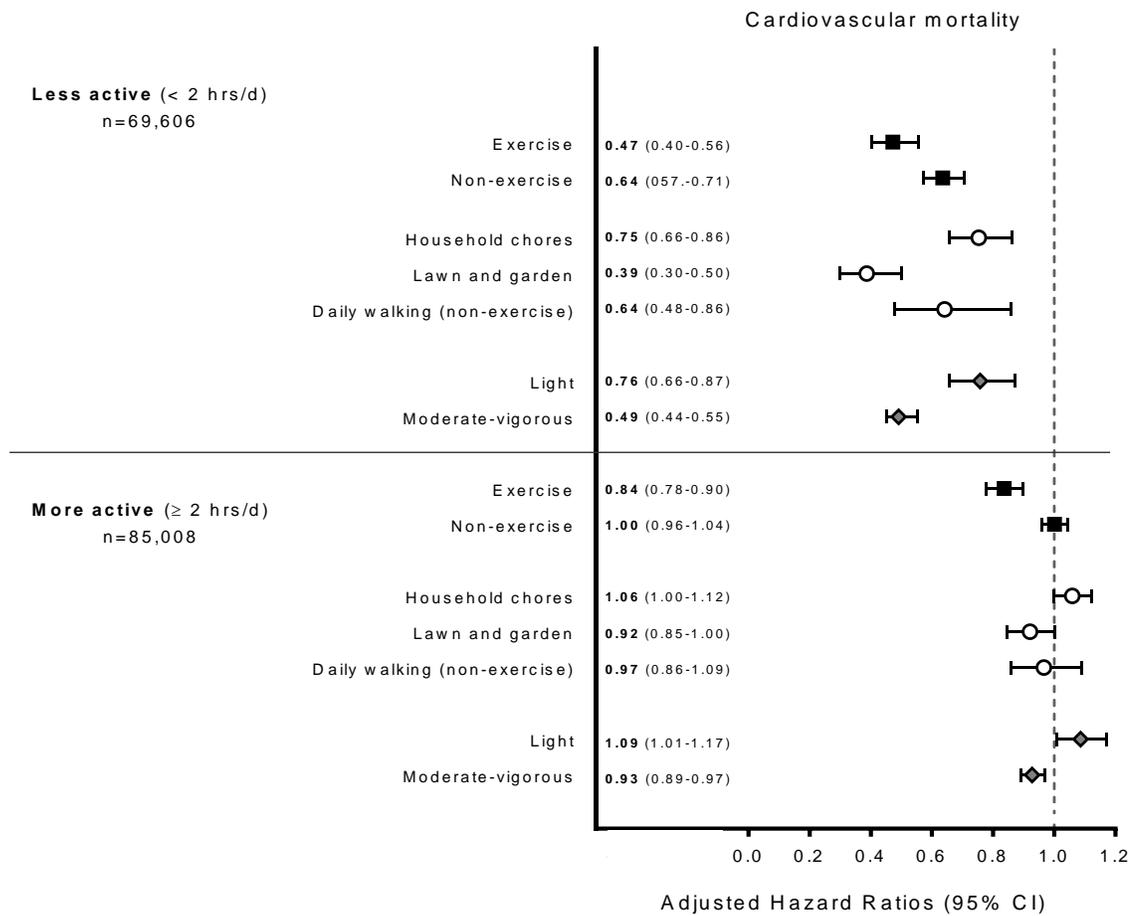


**Supplementary Digital Content: Figure 3.** Estimated risk\* for cardiovascular mortality associated with replacement of one hour of overall sitting with an equal amount of time in specific types and intensities of physical activity, in less and more active participants, the NIH-AARP Diet and Health Study.



\*Values are Hazard Ratios and 95% Confidence Intervals adjusted for Age (years), Education (< 12 yrs, high school graduate, some college, college graduate, unknown), Smoking history (never, stopped 10+ , stopped 5-9, stopped 1-4 years, stopped < 1 year, current smoker, unknown), Sleep duration (< 4, 4-5.9, 6-7.9, 8-9.9, 10+ hours/day, unknown), Overall health (excellent, very good, good, fair, poor, unknown), and Body Mass Index (< 25, 25-29.9, 30+ kg/m<sup>2</sup>, unknown), and Overall sitting (hrs/d) each type of Physical Activity (hrs/d), and the sum of Overall Sitting and Physical Activity time (hrs/d)

Exercise activities include: walking for exercise; jogging or running; racquet sports; playing golf; swimming laps; bicycling or stationary bike; other aerobic exercise; weight training or lifting

Non-exercise activities include: light household chores; moderate-vigorous indoor household chores; moderate outdoor chores; vigorous outdoor chores; home repairs; caring for children, caring for adults, walking for daily activities

Household chores include: light household chores; moderate-vigorous indoor household chores; home repairs; caring for children, caring for adults

Lawn and garden activities include: moderate outdoor chores; vigorous outdoor chores

Daily walking (non-exercise) includes: walking for daily activities

Light activities include: light household chores; walking for daily activities

Moderate-vigorous activities include: walking for exercise; jogging or running; racquet sports; playing golf; swimming laps; bicycling or stationary bike; other aerobic exercise; weight training or lifting; moderate-vigorous indoor household chores; moderate outdoor chores; vigorous outdoor chores; home repairs; caring for children, caring for adults