**Supplemental Figure 2: Peak oxygen uptake in men and women according to total exercise duration (minutes/week) and exercise intensity**



Total exercise time in minutes per week was calculated by multiplying the average duration of exercise with the average frequency of exercise sessions. For example, reporting “between 30 and 60 minutes” and “two to three times a week” was interpreted as 45 minutes x 2.5 = 112.5 minutes per week. Total exercise time was then subdivided according to suggested cutoff values in the updated recommendations from the American College of Sports Medicine, and the American Heart Association which corresponds to <75, 75-149, and ≥150 minutes per week.