**Supplementary table 1.** Age-specific frequency of brisk physical activity (PA) and its changes according to the lifelong physical activity (PALife).

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Men | | | Women | | |
| **PALife** | Active | Semi-active | Inactive | Active | Semi-active | Inactive |
|  | n=359 | n=554 | n=370 | n=402 | n=908 | n=469 |
| **PA14y\*** 3-7 times per week | 287 (80) | 235 (42) | 120 (32) | 221 (55) | 189 (21) | 18 (5) |
| Twice per week | 50 (14) | 248 (45) | 146 (40) | 128 (32) | 462 (51) | 176 (38) |
| <1 per week | 22 (6) | 71 (13) | 104 (28) | 53 (13) | 257 (28) | 207 (44) |
| **PA31y**\* 4-7 times per week | 162 (45) | 3 (0.5) | 20 (5) | 175 (44) | 2 (0.2) | 27 (6) |
| 1-3 times per week | 196 (55) | 423 (76) | 52 (14) | 222 (55) | 720 (79) | 90 (19) |
| <1 per week | 1 (0.3) | 128 (23) | 298 (81) | 5 (1) | 186 (21) | 352 (75) |
| **PA46y**\* 4-7 times per week | 153 (43) | 36 (7) | 20 (5) | 219 (55) | 51 (6) | 32 (7) |
| 1-3 times per week | 204 (57) | 417 (75) | 112 (30) | 181 (45) | 745 (82) | 151 (32) |
| <1 per week | 2 (0.6) | 101 (18) | 238 (64) | 2 (0.5) | 112 (12) | 286 (61) |
| **PAChange14-31y**\* Increase | 57 (16) | 56 (10) | 32 (9) | 112 (28) | 208 (23) | 64 (14) |
| No change | 128 (36) | 221 (40) | 102 (28) | 149 (37) | 431 (48) | 192 (41) |
| Decrease | 174 (49) | 277 (50) | 236 (64) | 141 (35) | 269 (30) | 213 (45) |
| PAChange31-46y\* Increase | 88 (25) | 135 (24) | 130 (35) | 144 (36) | 202 (22) | 176 (38) |
| No change | 174 (49) | 333 (60) | 170 (46) | 158 (39) | 612 (67) | 179 (38) |
| Decrease | 97 (27) | 86 (16) | 70 (19) | 100 (25) | 94 (10) | 114 (24) |

The values are absolute or relative (%) number of cases. \* p<0.001 for the main effect by Chi-square.