**Supplementary Digital Content 3**

Table S3. Comparison of baseline characteristics of participants and non-participants.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | Non-Participants |  | Participants |  |
| Characteristic | Statistic |  | Statistic | p-value |
| n | 1989 |  | 737 |  |
| Age, years | 11.8 (2.4) |  | 11.9 (2.5) | 0.30 |
| Male sex, % | 1023 (51.4) |  | 361 (49.0) | 0.26 |
| Right grip strength, kg | 23.0 (8.8) |  | 23.4 (9.2) | 0.33 |
| Left grip strength, kg | 22.3 (8.5) |  | 22.7 (9.1) | 0.32 |
| Shoulder flexion, kg | 18.9 (11.5) |  | 19.8 (11.9) | 0.07 |
| Shoulder extension, kg | 15.6 (8.2) |  | 15.7 (8.2) | 0.76 |
| Leg strength, kg | 98.5 (47.3) |  | 100.5 (51.7) | 0.34 |
| Standing long jump, cm  | 149.1 (28.9) |  | 151.9 (29.4) | 0.03 |
| Push-ups | 10.4 (7.0) |  | 10.5 (6.9) | 0.74 |
| Combined muscular fitness score | -0.03 (1.02) |  | 0.07 (0.95) | 0.02 |
| Cardiorespiratory fitness (PWC170, watts) | 91.0 (37.3) |  | 93.2 (40.4) | 0.20 |
| Height, cm | 150.2 (14.2) |  | 151.4 (14.6) | 0.06 |
| Weight, kg | 43.5 (13.2) |  | 43.6 (13.4) | 0.92 |
| BMI, kg/m2 | 18.8 (3.0) |  | 18.5 (2.8) | 0.02 |
| Waist circumference, cm | 65.6 (8.9) |  | 64.8 (8.4) | 0.04 |
| Socioeconomic position, % |  |  |  |  |
|  | Low | 183 (9.5) |  | 56 (7.9) | <0.001 |
|  | Middle | 1326 (68.8) |  | 43.5 (61.0) |  |
|  | High | 417 (21.7) |  | 222 (31.1) |  |
| Smoking status, % |  |  |  |  |
|  | Non-smoker | 1640 (84.5) |  | 635 (88.1) | 0.06 |
|  | Smoker | 300 (15.5) |  | 86 (11.9) |  |
| Mean (SD) for continuous variables or n (proportions) for categorical variables. P-value represented by a two-sample t test for continuous variables and Chi-squared test for categorical variables. Abbreviations: PWC170, physical working capacity at 170 beats per minute; BMI, body mass index. |