**Supplementary Table 3.** Cross tabulation showing concordance between PA type trajectories, %(n) (n=4917)

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Walking | | | Sport/exercise | | | Recreational activity | | | |
|  | Consistently low (n=1321) | Low, increasing (n=3186) | Moderate, increasing (n=410) | Consistently none (n=2213) | Consistently occasional (n=1512) | Consistently frequent (n=1192) | Moderate, decreasing (n=705) | Consistently moderate (n=1496) | High, decreasing (n=1634) | Consistently high (n=1082) |
| *Walking* | | |  |  |  |  |  |  |  |  |
| Consistently low | – | – | – | 32.0 (708) | 25.3 (382) | 19.4 (231) | 47.9 (338) | 25.2 (377) | 24.4 (399) | 19.1 (207) |
| Low, increasing | – | – | – | 59.1 (1308) | 66.3 (1,003) | 73.4 (875) | 47.8 (337) | 67.5 (1109) | 67.4 (1102) | 68.2 (738) |
| Moderate, increasing | – | – | – | 8.9 (197) | 8.4 (127) | 7.2 (86) | 4.3 (30) | 7.4 (110) | 8.1 (133) | 12.7 (137) |
|  |  |  |  |  |  |  |  |  |  |  |
| *Sport/exercise* | |  |  |  |  |  |  |  |  |  |
| Consistently none | 53.6 (708) | 41.1 (1,308) | 48.1 (197) | – | – | – | 71.1 (501) | 45.3 (677) | 44.0 (719) | 29.2 (316) |
| Consistently occasional | 28.9 (382) | 31.5 (1,003) | 31.0 (127) | – | – | – | 21.7 (153) | 32.4 (484) | 32.8 (536) | 31.3 (339) |
| Consistently frequent | 17.5 (231) | 27.5 (875) | 21.0 (86) | – | – | – | 7.2 (51) | 22.4 (335) | 23.2 (379) | 39.5 (427) |
|  |  |  |  |  |  |  |  |  |  |  |
| *Recreational activity* | | |  |  |  |  |  |  |  |  |
| Moderate, decreasing | 25.6 (338) | 10.6 (337) | 7.3 (30) | 22.6 (501) | 10.1 (153) | 4.3 (51) | – | – | – | – |
| Consistently moderate | 28.5 (377) | 31.7 (1,009) | 26.8 (110) | 30.6 (677) | 32.0 (484) | 28.1 (335) | – | – | – | – |
| High, decreasing | 30.2 (399) | 34.6 (1,102) | 32.4 (133) | 32.5 (719) | 35.5 (536) | 31.8 (379) | – | – | – | – |
| Consistently high | 15.7 (207) | 23.2 (738) | 33.4 (137) | 14.3 (316) | 22.4 (339) | 35.8 (427) | – | – | – | – |

Data are shown as % (n)

Sample size is smaller as men had to have trajectory data in all three PA types to be included