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| --- | --- | --- | --- | --- | --- |
| Supplementary Table 2. Average time spent in physical activity1 | | | | | |
| Parameter | **Control diet**  (n=10) | | **Higher-protein diet**  (n=10) | | **ANOVA** |
|  | Active | Δ | Active | Δ | *P* value |
| Sedentary time  (min/d) | 431 ± 29 | 104 ± 31\* | 383 ± 31 | 139 ± 34\* | D: *P*=0.18  **A: *P*=0.002**  DxA: *P*=0.27 |
| Light activity  (min/d) | 211 ± 27 | -43 ± 28 | 271 ± 37 | -87 ± 37 | D: *P*=0.08  A: *P*=0.056  DxA: *P*=0.17 |
| Moderate activity  (min/d) | 67 ± 11 | -51 ± 11\* | 57 ± 14 | -43 ± 13\* | D: *P*=0.31  **A: *P*=0.001**  DxA: *P*=0.54 |
| Vigorous activity  (min/d) | 11 ± 2 | -10 ± 2\* | 9 ± 2 | -9 ± 2\* | D: *P*=0.50  **A: *P*<0.0001**  DxA: *P*=0.58 |
| All values are means ± SEM. *\*P*<0.05 vs Active (within condition). 1Time spent in physical activity was computed over a 12-hour period of accelerometer wear time using Freedson Adult (1998) cut points. Two-way ANOVA with activity and diet as factors was used for statistical comparisons. Post hoc comparisons with Tukey correction were run when a significant main effect was observed. D, diet; A, physical activity; DxA, diet x physical activity interaction. Δ, delta change (Inactive – Active). Bold values indicate statistical significance. | | | | | |

**Supplementary DATA**

**Metabolic implications of diet and energy intake during physical inactivity**

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