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| **Supplementary Table 4**. Average time spent in physical activity1 |
| **Parameter** | **Ad lib/Overfeeding** (n=5) |
|  | Active | Inactive | *P* value |
| Sedentary time (min/d) | 450 ± 21 | 521 ± 15 | **0.03** |
| Light activity (min/d) | 192 ± 23 | 183 ± 18 | 0.72 |
| Moderate activity (min/d) |  61 ± 11 | 15 ± 4 | **0.02** |
| Vigorous activity (min/d) | 17 ± 5 |  1 ± 1 | **0.03** |
| All values are means ± SEM. 1Time spent in physical activity was computed over a 12-hour period of accelerometer wear time using Freedson Adult (1998) cut points. Bold values indicate statistical significance.  |

**Supplementary DATA**

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

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