**Supplemental Content 4. Independent-samples *t*-tests comparing variables for those under 30 versus 30 years of age (median-split)**

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| **Variable** | **Age group** | **n** | ***M*** | **SD** | ***t*** | ***p*** |
| PE enjoyment (PACER) | Under 30Over 30 | 517511 | 72.672.4 | 33.936.0 | 0.080 | .937 |
| Level of embarrassment for PE | Under 30Over 30 | 517511 | 3.94.1 | 2.32.3 | -1.541 | .124 |
| Chosen first for teams frequency | Under 30Over 30 | 517511 | 3.22.9 | 2.02.0 | 2.499 | .013 |
| Chosen last for teams frequency | Under 30Over 30 | 517511 | 3.84.1 | 2.12.2 | -2.183 | .029 |
| Adult attitude toward PA | Under 30Over 30 | 517511 | 79.380.0 | 16.917.3 | -.725 | .469 |
| Adult intention for PA | Under 30Over 30 | 517511 | 22.523.1 | 8.18.9 | 1.057 | .291 |