**Supplemental Digital Content 3. Characteristics of FITFATTWIN participants and all other men from FinnTwin16 cohorta**

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|  | **FITFATTWIN**  **(N= 20 men)** | | **FinnTwin16 cohort**  **(N=1558 men)** | | ***P* valueb** | | |
|  | Mean (SD) | | | |  | *P c* |  |
| LTPA MET hours per day d | 3.2 ± 2.5 | | 4.7 ± 4.2 | | <0.001 | | |
| Age (y) | 33.7 **±** 1.2 | | 33.9 **±** 1.2 | | 0.62 | | |
| Weight (kg) | 76.1 ± 10.4 | | 83.3 ± 13.6 | | 0.022 | | |
| Height (cm) | 179.2 ± 5.1 | | 179.5 ± 6.6 | | 0.85 | | |
| Body mass index, mean (kg/m2) | 23.6 ± 2.3 | | 25.8 ± 3.7 | | <0.001 | | |
| Waist circumference (cm) | 87.3 ± 8.1 | | 92.4 ± 10.8 | | 0.031 | | |
|  |  | % | |  |  | *P e* |  |
| Work-related physical activity |  | |  | | 0.63 | | |
| Sedentary | 65.0 | | 46.2 | |  | | |
| Standing or walking at work | 15.0 | | 19.2 | |  | | |
| Light manual work | 10.0 | | 19.3 | |  | | |
| Heavy manual work | 10.0 | | 11.2 | |  | | |
| Not working or studying | 0 | | 4.0 | |  | | |
| Educational level |  | |  | | 0.17 | | |
| Primary | 0 | | 3.3 | |  | | |
| Secondary | 25.0 | | 49.3 | |  | | |
| Tertiary | 75.0 | | 47.5 | |  | | |
| Children |  | |  | | 0.40 | | |
| Yes | 45.0 | | 56.1 | |  | | |
| No | 55.0 | | 43.9 | |  | | |
| Chronic diseases |  | |  | | 0.17 | | |
| Yes | 0 | | 15.3 | |  | | |
| No | 100.0 | | 84.7 | |  | | |
| Smoking status |  | |  | | 0.59 | | |
| Current (daily) smoker | 10.0 | | 20.0 | |  | | |
| Occasional smoker | 15.0 | | 12.3 | |  | | |
| Quitters | 20.0 | | 22.6 | |  | | |
| Never smoked | 55.0 | | 45.1 | |  | | |
| Alcohol use |  | |  | | 0.24 | | |
| Daily | 0 | | 5.5 | |  | | |
| 1–2 times/week | 85.0 | | 58.5 | |  | | |
| 1–2 times/month | 15.0 | | 21.5 | |  | | |
| Less than once a month | 0 | | 8.7 | |  | | |
| Never | 0 | | 5.8 | |  | | |

LTPA, leisure-time physical activity; MET, metabolic equivalent; BMI, body mass index

aFITFATTWIN participants are selected from FinnTwin16 Cohort members. For more detailed classification of characteristics, see Rottensteiner et al. 2014.

b*P*-value for difference between FITFATTWIN participants (10 physical activity discordant MZ men pairs) and all other men from FinnTwin16 cohort.

cAnalyzed with the adjusted Wald test (Stata 12.0) by taking into account clustered observations of twins within pairs.

dLeisure-time physical activity and physical activity during journeys to and from work according to physical activity questions (Rottensteiner et al. 2014).

eAnalyzed with the Pearson’s χ2 test (Stata 12.0) by taking into account clustered observations of twins within pairs.

**Reference:** Rottensteiner M, Pietiläinen KH, Kaprio J, Kujala UM. Persistence or change in leisure-time physical activity habits and waist gain during early adulthood: A twin-study. *Obesity.* 2014; doi: 10.1002/oby.20788. [Epub ahead of print]