**Table S2: The difference in timed chair stands performance (%) by category of average TV viewing time (measured using the EPAQ2 administered during the 2HC & 3HC).**

|  |  |  |
| --- | --- | --- |
|  |  | **Difference in Timed Chair Stands Performance\* (x5), %****(95% Confidence interval)** |
|  | **N** | **Model A** | **Model B** | **Model C** |
| **MEN** | 2223 |  |  |  |
| >4 hours |  | 0 | 0 | 0 |
| 3<4 hours |  | -1.81 (-5.18, 1.68) | -0.69 (-4.15, 2.80) | -0.76 (-4.14, 2.73) |
| 2<3hours |  | -1.36 (-4.68, 2.08) | 0.26 (-3.11, 3.74) | 0.05 (-3.31, 3.53) |
| <2hours |  | 0.12 (-3.45, 3.82) | 2.78 (-0.93, 6.63) | 2.54 (-1.16, 6.38) |
| *Ptrend* |  |  |  | *0.12* |
| **Women** | 2754 |  |  |  |
| >4 hours |  | 0 | 0 | 0 |
| 3<4 hours |  | -0.48 (-3.45, 2.57) | 0.03 (-2.92, 3.06) | 0.09 (-2.86, 3.13) |
| 2<3hours |  | -4.51 (-7.26, -1.47) | -3.50 (-6.37, -0.54) | -3.41 (-6.29, -0.45) |
| <2hours |  | -3.23 (-6.30, -0.06) | -2.06 (-5.21, 1.20) | -1.90 (-5.06, 1.36) |
| *Ptrend* |  |  |  | *0.06* |

Model A: adjusted for age at the 3HC; Model B: adjusted for age, height, weight, current wealth (more than enough money, enough money, not enough money), presence of comorbidity at 3HC (prevalent cancer, myocardial infarction, diabetes and/or stroke: Yes/No), -smoking status (current, former smoker, never smoker) and alcohol intake (units/week) at the 3HC; Model C adjusted for Model B and physical activity (MET x h/day) at the 3HC.

**\*** Regression coefficients, after exponentiation, represent the percentage difference in time taken to complete 5 chair stands per unit change in the exposure variable: decreases indicate better performance.