

Supplementary Digital Content 1, Table. Estimation of number of METs each 500 cpm intensity increment equates to

	Intensity (cpm)									
	0-499	500-999	1000-1499	1500-1999	2000-2499	2500-2999	3000-3499	3500-3999	4000-4999	≥4500
METs	2.3	2.6	2.9	3.2	3.5	3.7	4.0	4.3	4.6	4.9

Estimation based on equation from Hall et al. (16). METs are calculated from the midpoint of the intensity range using the following equation:

$$EE = METs = (60(3.28 \times 0.0009cpm))/BW$$

Where BW is body weight (kg) and EE is energy expenditure (kCal·h⁻¹·kg⁻¹).

Cpm – counts per minute; MET – metabolic equivalent task