

Table S1 Difference in body weight in kilograms, mean (95% CI) over any 11 years period by physical activity levels, after additional adjustment of baseline (HUNT-1) body weight

	Physical activity categories						<i>P</i> -value ^b	<i>P</i> -value ^c
	No ^a	Inactive	Below recommended	Recommended	Above recommended			
Men								
Model	8344	Ref.	-0.25 (-0.42,- 0.08)	-0.71 (-0.88,-0.53)	-1.98 (-2.22, -1.74)	<.001		
Age stratified analyses								
<i>Age, years</i>								
<40	5042	Ref.	-0.15 (-0.34, 0.03)	-0.27 (-0.47, -0.06)	-0.64 (-0.90, -0.38)	<.001		
40-59	3096	Ref.	-0.48 (-0.72, -0.25)	-1.03 (-1.27, -0.79)	-1.96 (-2.29, -1.62)	<.001	<.001	
≥ 60	206	Ref.	-0.24 (-0.69, 0.21)	-0.34 (-0.80, -0.12)	-1.65 (-2.22, -1.07)	<.001		
Women								
Model	10744	Ref.	-0.10 (-0.27, 0.06)	-0.58 (-0.77, -0.40)	-2.01 (-2.30, -1.71)	<.001		
Age stratified analyses								
<i>Age, years</i>								
<40	6 245	Ref.	-0.19 (-0.37, -0.01)	-0.46 (-0.68,- 0.25)	-1.06 (-1.48, -0.64)	<.001		
40-59	4 163	Ref.	-0.11 (-0.33, 0.12)	-0.94 (-1.19, -0.69)	-2.11 (-2.51, -1.71)	<.001	<.001	
≥ 60	375	Ref.	-0.19 (-0.62, 0.23)	-0.20 (-0.67, 0.28)	-2.33 (-3.03, -1.63)	<.001		
Model, adjusted for age, diabetes status (yes or no), smoking (never, former or current), and alcohol (abstainers, <1 times per 14 days, 1-4 times per 14 days, or ≥5 times per 14 days), time period-dummies of HUNT wave (H1, H2, or H3), and body weight at baseline.								
^a Number of subjects at baseline (HUNT-1).								
^b <i>P</i> -value for trend across categories.								
^c <i>P</i> -value for interaction.								

Table S2 Difference in body weight in kilograms, mean (95% CI) by physical activity levels, after additional adjustment of sitting time

	Physical activity categories					<i>P</i> -value ^b
	No ^a	Inactive	Below recommended	Recommended	Above recommended	
Men						
Model 1	7459	Ref.	-1.57 (-2.30, -0.83)	-2.31 (-3.03,-1.59)	-4.38 (-5.32, -3.44)	<.001
Model 2	5692	Ref.	-1.42 (-2.24, -0.60)	-2.26 (-3.07,-1.44)	-4.46 (-5.57, -3.34)	<.001
Women						
Model 1	9033	Ref.	-2.12 (-2.88, -1.35)	-3.96 (-4.71, -3.22)	-6.72 (-7.70, -5.74)	<.001
Model 2	5905	Ref.	-1.96 (-2.94, -0.98)	-3.61 (-4.55, -2.68)	-7.07 (-8.30, -5.85)	<.001

Model 1, adjusted for age, diabetes status (yes or no), smoking (never, former or current), and alcohol (abstainers, <1 times per 14 days, 1-4 times per 14 days, or ≥5 times per 14 days, and sitting time).

Model 2, additionally adjusted for occupation activity (sedentary, walk and life, or heavy manual work).

^aNumber of subjects at HUNT-3.

^b*P*-value for trend across categories.