

**Supplementary Material S3.** Associations of combined occupational and leisure time physical activity at 23 years and cardiovascular risk factors at 30 years in 1982 Pelotas Birth Cohort

Variables	Occupational and leisure time physical activity (hours/week)					
	Male			Female		
	N	( $\beta$ (95% CI))	p-value	N	( $\beta$ (95% CI))	p-value
<b>HDL cholesterol (mmol/L)</b>						
Crude model	1,608	-0.004 (-.026; .017)	0.68	1,633	-0.010 (-.063; -.042)	0.70
Model 1 <sup>a</sup>	1,468	.009 (-.013; .033)	0.32	1,509	-.025 (-.077; .027)	0.34
Model 2 <sup>b</sup>	1,429	.007 (-.016; .031)	0.54	1,486	-.026 (-.079; .027)	0.33
<b>LDL cholesterol (mmol/L)</b>						
Crude model	1,608	-.025 (-.078; .027)	0.34	1,633	.029 (-.080; .138)	0.60
Model 1 <sup>a</sup>	1,468	-.031 (-.088; .026)	0.28	1,509	0.39 (-.073; .152)	0.49
Model 2 <sup>b</sup>	1,429	-.027 (-.086; .031)	0.35	1,486	.019 (-.095; .135)	0.73
<b>Triglycerides (mmol/L)</b>						
Crude model	1,608	-.002 (-.003; -.001)	<b>0.01</b>	1,633	.000 (-.001; .002)	0.38
Model 1 <sup>a</sup>	1,468	-.002 (-.003; -.001)	<b>0.01</b>	1,509	.000 (-.001; .002)	0.36
Model 2 <sup>b</sup>	1,430	-.001 (-.003; -.000)	<b>0.00</b>	1,486	.001 (-.001; .000)	0.65
<b>Glucose (mmol/L)</b>						
Crude model	1,608	.000 (-.000; .000)	0.49	1,633	-.000 (-.001; .000)	0.40

Model 1 <sup>a</sup>	1,468	-.000 (-.000; .000)	0.81	1,509	-.000 (-.001; .000)	0.57
Model 2 <sup>b</sup>	1,429	-.111 (-.000; .000)	0.96	1,486	-.000 (-.000; .000)	0.56
<b>Systolic blood pressure (mmHg)</b>						
Crude model	1,629	.016 (-.005; .038)	0.13	1,681	-.023 (-.068; .021)	0.31
Model 1 <sup>a</sup>	1,479	.013 (-.009; .036)	0.24	1,555	-.023 (-.069; .023)	0.33
Model 2 <sup>b</sup>	1,439	.015 (-.008; .038)	0.20	1,529	-.021 (-.067 - .025)	0.37
<b>Diastolic blood pressure (mmHg)</b>						
Crude model	1,629	-.005 (-.022; .010)	0.47	1,681	-.022 (-.057; .012)	0.20
Model 1 <sup>a</sup>	1,479	-.008 (-.026; .009)	0.34	1,555	-.019 (-.054; .0169)	0.30
Model 2 <sup>b</sup>	1,439	-.007 (-.025; .011)	0.42	1,529	-.016 (-.052; .020)	0.38