Table S1. Met equivalents of physical activity

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| MET | Daily life | Interests and hobbies | Sports | Work |
| 1-2 | Having a meal, face washing, sewing, driving a car | Listening to radio, reading, watching television, playing cards, weiqi, Chinese chess | A slow walk (1.6km/h) | Education, desk work |
| 2-3 | Stand in bus,  cooking,  washing small pieces of clothing,  wiping the floor (with a mop) | Bowling ,  gardening ,  playing golf (with the Cardinals), | Flat walking (3.2 km/h), strolling up to the second floor) | Doorkeeper,  administrator,  Instrument player |
| 3-4 | Taking a shower,  wiping the windows,  cooking,  making the bed,  walking with 10kg luggage,  sweeping,  wiping the floor kneeling | Doing radio gymnastics,  fishing,  playing Badminton (non-competitive),  Playing golf | A slightly brisk walk (4.8km/h) | Mechanical assembly agent,  trucker ,  taxi driver,  welder |
| 4-5 | Holding 10kg luggage on foot,  sweeping,  sexual intercourse, taking a bath, weeding slowly | Making ceramics,  dancing,  playing table tennis,  playing tennis,  catching a baseball,  playing golf | Walking fast (5.6km/h) | Fitter,  tile worker,  wallpaper,  light Carpenter |
| 5-6 | Taking 10kg luggage with one hand,  walking downhill,  loosening the soil with a spade | Stream Fishing,  skating | Scurrying (6.5 km/h) | Carpenter ,  farming |
| 6-7 | Digging earth,  snow cleaning | Aerobics,  recreational skiing (4km/h) | Jogging (4-5 km/h) | Road repair work,  cement workers,  logging workers |
| 7-8 |  | Swimming,  climbing,  skiing,  aerobics | Jogging (8.0 km/h) | Grazing |
| 8- | Climbing >10 floors in a row | Rope skipping,  all kinds of competitive sports | Jogging (8.9 km/h) | Boiler fireman |