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 |