

*MetS/pre-MetS*

Category	%	<i>n</i>
0	58.8	284
1	41.2	199
Total	100.0	483

MVPA

Improvement=0.031

 $\leq 26.5$  METs·h/week $P < 0.001$  $> 26.5$  METs·h/week

Category	%	<i>n</i>
0	49.0	146
1	51.0	152
Total	61.7	298

Category	%	<i>n</i>
0	74.6	138
1	25.4	47
Total	38.3	185

Age

Improvement=0.018

Age

Improvement=0.005

 $\leq 51.5$  years $P < 0.001$  $> 51.5$  years

Category	%	<i>n</i>
0	58.2	110
1	41.8	79
Total	39.1	189

Category	%	<i>n</i>
0	33.0	36
1	67.0	73
Total	22.6	109

 $\leq 44.5$  years $P < 0.001$  $> 44.5$  years

Category	%	<i>n</i>
0	85.5	59
1	14.5	10
Total	14.3	69

Category	%	<i>n</i>
0	68.1	79
1	31.9	37
Total	24.0	116

Sex

Improvement=0.020

 $P < 0.05$ 

Women

Men

Category	%	<i>n</i>
0	72.4	76
1	27.6	29
Total	21.7	105

Category	%	<i>n</i>
0	40.5	34
1	59.5	50
Total	17.4	84