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| Supplementary Table 2. Baseline Characteristics and Dietary Factors of the Participants according to Physical Activity (h/week) cutoff. (Numbers are means and SDs if not otherwise stated) |
|  | PA=0 h/week,n=77 | 0<PA<2·5h/week,n=166 | PA≥2·5 h/weekn=365 | P |
| Physical activity (h/week) | 0 (0) | 1·2 (1·6) | 6·1 (4·7) | 0·0001 |
| Physical activity range (h/week) | 0-0 | 1·1-1·3 | 5·6 | 0·0001 |
| Age (years) | 67·7 (1·9) | 68·0 (1·8) | 67·7 (1·8) | 0·415 |
| BMI (kg/m2) | 29·0 (4·7) | 27·9 (4·5) | 26·8 (3·8) | 0·0001 |
| Life satisfaction score | 10·9 (4·0) | 10·4 (3·2) | 9·7 (2·7) | 0·003 |
| Time since menopause (years) | 19·4 (7·4) | 18·6 (5·2) | 18·4 (5·4) | 0·364 |
| Income (euros/month) | 787 (269) | 845 (308) | 880 (294) | 0·173 |
| Number of multimorbidity  | 1·4 (1·0) | 1·5 (1·2) | 1·4 (1·1) | 0·774 |
| Restricted mobility *n* (%) | 10 (20·0) | 17 (11·1) | 13 (3·9) | 0·211 |
| Current smoker *n* (%) | 2 (3·8) | 10 (6·5) | 14 (4·2) | 0·596 |
| Current hormone therapy *n* (%) | 8 (15·1) | 35 (22·6) | 80 (23·3) | 0·411 |
| Currently married *n (%)* | 41 (62·1) | 107 (65·6) | 227 (62·3) | 0·964 |
| Dietary factors  |  |  |  |
| Energy intake (Kcal/d) | 1390 (357) | 1566 (358) | 1593 (372) | 0·001 |
| BSD score | 11·6 (4·7) | 12·7 (3·8) | 13·3 (4·0) | 0·018 |
| Alcohol (g/d) a | 6·0 (4·2) | 9·0 (4·6) | 10·9 (3·7) | 0·111 |
| Protein (g/d) a | 59·7 (17·9) | 68·1 (16·8) | 69·2 (18·3) | 0·001 |
| Carbohydrate (g/d) a | 174·6 (47·6) | 192·7 (45·9) | 196·1 (49·0) | 0·007 |
| Fat (g/d) a | 47·2 (16·4) | 56·4 (18·7) | 17·9 (0·96) | 0·019 |
| ANOVA and chi-square tests were used to evaluate the differences in participant characteristics and dietary factors among PA groups. a Adjusted for age and energy intake. |