

Supplementary Table 1.**Physical activity and sedentary behaviour characteristics, mean (SD) or % (n), stratified by age 80 years.**

	Age <80 years	Age >= 80 years	P(no difference)
Physical activity score self-reported			<0.001
Inactive (0-2), % (n)	12 (95)	20 (69)	
Occasional (3-5), % (n)	22 (167)	25 (87)	
Light (6-8), % (n)	21 (157)	27 (93)	
Moderate (9-12), % (n)	16 (124)	16 (55)	
Moderately Vigorous (13-20), % (n)	16 (121)	9 (31)	
Vigorous (>=21), % (n)	13 (98)	4 (15)	
Sedentary behaviour self-reported ⁴			

Watching TV/video/DVDs, minutes/day, mean (SD)	173.1 (108.0)	179.1 (119.1)	0.416
Total SB score: watching TV/video/DVDs, reading, using a computer, driving (or sitting in) a car, minutes/day, mean (SD)	321.4 (142.3)	307.7 (151.7)	0.133
Men who do not report any TV/video/DVD viewing, %(n)	1.2(9)	2.0(7)	0.287
Men who do not report any reading, %(n)	8.4 (64)	11.1 (39)	0.143
Men who do not report any PC use, %(n)	41.6 (317)	62.6 (219)	<0.001
Men who do not report any driving or sitting in a car, %(n)	5.6 (43)	15.1 (53)	0.008

Supplementary Table 2.

Associations Between PA and SB Score and Heart Rate (Beats Per Minute) and FEV₁ (Litres)

	Heart rate, bpm		FEV ₁ , L	
	All	Without atrial fibrillation / tachycardia	All	Non-smokers

	n	Mean(SD)	N	Mean(SD)	N	Mean(SD)	n	Mean(SD)
Self-reported PA score¹								
Inactive (0-2)	192	66.2(13.1)	170	65.2(12.4)	192	2.1(0.6)	182	2.1(0.6)
Occasional (3-5)	285	65.3(12.1)	244	64.8(11.8)	285	2.4(0.6)	274	2.4(0.6)
Light (6-8)	291	64.6(11.4)	260	64.2(11.3)	291	2.5(0.6)	286	2.5(0.6)
Moderate (9-12)	207	65.7(12.7)	189	65.0(12.1)	207	2.5(0.6)	191	2.6(0.6)
Mod Vigorous (13-20)	164	63.8(10.8)	148	63.8(10.5)	164	2.6(0.5)	162	2.6(0.5)
Vigorous (>=21)	118	61.4(9.8)	100	59.5(8.3)	118	2.7(0.6)	114	2.7(0.6)
Total	1257	64.8(11.9)	1111	64.1(11.5)	1257	2.5(0.6)	1209	2.5(0.6)
Self-reported recreational activity score²								
Much less active	89	65.7(11.1)	76	65.8(10.6)	89	2.1(0.6)	81	2.1(0.6)
Less active	203	65.2(12.6)	168	63.6(11.3)	203	2.3(0.6)	199	2.3(0.6)
Similar	465	64.7(11.4)	416	64.1(11.1)	465	2.5(0.6)	446	2.5(0.6)
More active	257	63.9(11.3)	235	63.4(11)	257	2.6(0.6)	245	2.6(0.6)
Much more active	98	63.3(11.6)	86	63.2(11)	98	2.6(0.6)	98	2.6(0.6)
Total	1112	64.6(11.6)	981	63.9(11)	1112	2.5(0.6)	1069	2.5(0.6)

1 Leisure time PA score including sporting activities and regular walking and cycling

2 Compared with a man who spends four hours on most weekends on activities such as walking, gardening, household chores, DIY projects, how physically active would you consider yourself?

Supplementary Table 3

Associations between self-reported recreational activity score and components of objectively measured PA (n=1337 men)¹.

	Much less active (n=124, 11.2%)		Less active (n=272, 24.5%)		Similar (n=563, 50.6%)		More active (n=309, 27.8%)		Much more active (n=109, 9.8%)		Total (n=1377, 100%)	
	Mean	95% CI	Mean	95% CI	Mean	95% CI	Mean	95% CI	Mean	95% CI	Mean	95% CI
CPM	84	76,93	128	120,137	193	185,201	231	218,243	248	225,270	183	178,189
Steps	2075	1838,2311	3404	3186,3623	5042	4848,5237	5992	5685,6299	6292	5781,6803	4767	4629,4905
SB (<100 CPM)	676	665,687	651	643,658	617	611,623	592	584,600	577	562,592	620	616,625
SB in bouts >60 minutes	189	168,210	147	135,158	109	103,116	109	100,118	90	78,103	122	117,127
Low light, (101-759 CPM)	131	122,141	154	148,159	183	179,187	197	192,202	217	207,227	178	176,181
High light (760-1040 CPM)	9	7,10	13	12,14	20	19,21	24	23,26	27	25,30	19	18,20
MVPA 1+ (>1040 CPM)	12	9,14	23	20,25	41	38,43	52	48,56	55	49,62	38	37,40
MVPA 10+ (bouts ≥10 minutes)	1	0,1	5	4,6	10	9,12	14	12,16	13	10,16	9	9,10

¹ Coefficients are Mean (95% CI) minutes per day spent in each level of activity, adjusted for wear time, day order, season and region using random effects model