### S3 Table. Hazard Ratios for the association between quarters of moderate physical activity (minutes/week) and incident cardiovascular disease with sequential adjustment for potential confounders and mediators

| Adjustments                                      | HR (95% CI) ≤524.16 vs ≤524.16 | HR (95% CI) ≥705.61-927.36 vs ≤524.16 | HR (95% CI) >927.36 vs ≤524.16 |
|--------------------------------------------------|--------------------------------|---------------------------------------|---------------------------------|
| Minutes/week                                     | 524.17-705.60                  | 705.61-927.36                       | >927.36 vs ≤524.16              |
| + Age                                            | 0.68 (0.62, 0.74)              | 0.55 (0.50, 0.60)                   | 0.42 (0.38, 0.46)               |
| + Sex                                            | 0.69 (0.63, 0.75)              | 0.57 (0.52, 0.62)                   | 0.45 (0.41, 0.50)               |
| + Education                                      | 0.69 (0.64, 0.76)              | 0.58 (0.53, 0.63)                   | 0.45 (0.40, 0.50)               |
| + Townsend Deprivation Index                     | 0.70 (0.64, 0.76)              | 0.58 (0.53, 0.63)                   | 0.45 (0.41, 0.50)               |
| + Ethnicity                                      | 0.70 (0.64, 0.76)              | 0.58 (0.53, 0.63)                   | 0.45 (0.41, 0.50)               |
| + Smoking                                        | 0.70 (0.65, 0.76)              | 0.58 (0.53, 0.64)                   | 0.45 (0.41, 0.50)               |
| + Alcohol consumption                            | 0.71 (0.65, 0.77)              | 0.59 (0.54, 0.64)                   | 0.46 (0.41, 0.50)               |
| + Hypertension                                   | 0.71 (0.66, 0.77)              | 0.59 (0.54, 0.65)                   | 0.46 (0.41, 0.51)               |
| + Self rated health                              | 0.74 (0.68, 0.80)              | 0.63 (0.57, 0.69)                   | 0.49 (0.44, 0.54)               |
| + Body Mass Index                                | 0.76 (0.70, 0.82)              | 0.65 (0.59, 0.71)                   | 0.52 (0.47, 0.57)               |
| + Total cholesterol                              | 0.75 (0.69, 0.82)              | 0.66 (0.60, 0.72)                   | 0.51 (0.46, 0.57)               |
| + HDL cholesterol                                | 0.75 (0.69, 0.82)              | 0.67 (0.61, 0.74)                   | 0.52 (0.46, 0.58)               |
| + LDL cholesterol                                | 0.75 (0.69, 0.82)              | 0.67 (0.61, 0.74)                   | 0.52 (0.46, 0.58)               |
| + Triglycerides                                  | 0.75 (0.69, 0.82)              | 0.67 (0.61, 0.74)                   | 0.52 (0.46, 0.58)               |
| + C-reactive protein                             | 0.76 (0.69, 0.83)              | 0.68 (0.62, 0.75)                   | 0.53 (0.47, 0.59)               |
| + HbA1c                                          | 0.76 (0.69, 0.83)              | 0.69 (0.63, 0.77)                   | 0.53 (0.47, 0.60)               |
| + Red and processed meat intake                  | 0.76 (0.69, 0.83)              | 0.69 (0.63, 0.77)                   | 0.53 (0.47, 0.60)               |
| + Fresh fruit intake                             | 0.76 (0.69, 0.83)              | 0.69 (0.62, 0.77)                   | 0.53 (0.47, 0.60)               |
| + Cooked vegetable intake                        | 0.76 (0.69, 0.83)              | 0.69 (0.62, 0.77)                   | 0.53 (0.47, 0.60)               |

Abbreviations: HR, hazard ratio; CI, confidence interval; HbA1c, glycated haemoglobin

Note: C-reactive protein on log scale