

Table 2 Distribution of the study population according to age and physical factors, by sex

Variable	Total (n = 539)		Male (n = 269)	Female (n = 270)
	No.	%	%	%
<i>Age (years)</i>				
15-29	241	44.7	31.7	57.7
30-44	208	38.6	43.5	33.7
45-64	90	16.7	24.8	8.6
<i>Level of physical activity^a</i>				
High	213	39.5	37.5	41.5
Moderate	186	34.5	35.3	33.7
Low	140	26.0	27.3	24.8
<i>Sitting time (hours per day)</i>				
0.5-4.5	178	33.0	29.7	36.3
5.0-9.5	289	53.6	58.3	48.9
≥ 10.0	72	13.4	12.0	14.8
<i>BMI (kg/m²)</i>				
< 18.5	16	3.0	2.6	3.4
18.5-24.9	248	46.0	44.9	47.1
25.0-29.9	195	36.2	38.7	33.7
≥ 30.0	80	14.8	13.6	16.0

^aInternational physical activity questionnaire short form cutoffs [6].