



Body fat percentage

Normalized heart rate recovery 60 seconds after exercise
I: 47, 40.9%
A: 68, 59.1%
≤ 17.4%
> 17.4%

Number of workplaces^a
I: 15, 25.0%
A: 45, 75.0%
≤ 191
> 191

Fitness score^{b, d}
I: 31, 55.4%
A: 25, 44.6%
≤ 74
> 74

Population density
I: 27, 50.9%
A: 26, 49.1%
≤ 2094 per square mile
> 2094 per square mile

Occupational group
I: 36, 56.6%
A: 56, 83.9%
'Directors and senior management; (senior) advisors and officials; office workers and customer service representatives; service, sales and care staff; building, repair and manufacturing workers'
'Process and transport workers and forestry workers; other workers; cannot say; <missing>'

Urban-rural areas
I: 129, 81.1%
A: 30, 18.9%
(17.4%, 20.6%)
'Inner urban; rural heartland; local centers in rural areas'
'Sparsely populated rural areas; peri-urban; rural areas close to urban areas'
'Outer urban'

Difficulty of a 2-kilometer run without breaks
I: 39, 30.8%
A: 59, 60.2%
'Without difficulty'
'With some difficulty; with much difficulty; cannot at all; <missing>'

Basic education
I: 70, 47.3%
A: 78, 52.7%
'Comprehensive school'
'Less than 9 years of comprehensive school; matriculation examination; <missing>'

Sleeping problem
I: 60, 21.2%
A: 23, 78.8%
'No problems'
'Minor problems; considerable problems; major problems; severe insomnia; <missing>'

Number of housing unit in row houses^a
I: 92, 48.4%
A: 98, 51.6%
≤ 391
> 391

Total amount of sleep
I: 54, 60.0%
A: 36, 40.0%
'Without difficulty; with some difficulty'
'Sufficient' significantly insufficient; totally insufficient; <missing>'
'Somewhat sufficient; insufficient; <missing>'

Difficulty of a 5-kilometer run without breaks
I: 38, 38.0%
A: 62, 62.0%
'Without difficulty; with some difficulty'
'With much difficulty; cannot at all; <missing>'

Lean body mass
I: 22, 55.0%
A: 18, 45.0%
≤ 41.80 kilogram
> 41.80 kilogram

Average weekday total sitting time
I: 16, 24.2%
A: 50, 75.8%
≤ 25.94%
> 25.94%

Unable to work due to diseases/injuries?
I: 130, 27.7%
A: 339, 72.3%
(20.6%, 28.3%)
'I am totally unable to work; I should work only part time on account of my illness; I sometimes need to reduce my work pace or make changes to the way I work'
'I often have to reduce my work pace or make changes to the way I work'
'I can carry out my work, but it causes me symptoms; no problems/no diseases; <missing>'

Normal heart rate recovery 30 seconds after exercise
I: 129, 54.0%
A: 110, 46.0%
≤ 22.2; <missing>
(22.2, 33.3)
> 33.3

Average weekday sitting time at the office or other such place
I: 197, 34.6%
A: 372, 65.4%
≤ 12 beats per minute; <missing>
> 12 beats per minute

Frequency of exercise through walking
I: 30, 55.6%
A: 24, 44.4%
'Not at all; once a month or less; <missing>'
'2-3 times a month; once a week; 2-3 times a week; 4 times a week or more'

Disorderliness score^b
I: 50, 55.6%
A: 40, 44.4%
≤ 25.94%
> 25.94%

Body fat percentage
I: 148, 74.8%
A: 50, 25.2%
≤ 25.94%
> 25.94%

Average weekday sitting time
I: 17, 38.6%
A: 27, 61.4%
≤ 8.65 hour per weekday
> 8.65 hour per weekday; <missing>

Extravagance score^b
I: 122, 40.4%
A: 180, 59.6%
(28.3%, 31%)
≤ 3.33 hour per weekday
> 3.33 hour per weekday

Fear of uncertainty score^b
I: 33, 63.5%
A: 19, 36.5%
≤ 22.2; <missing>
(22.2, 33.3)
> 33.3

Number of public transportation stops^a
I: 135, 62.2%
A: 82, 37.8%
≤ 76 kilogram
> 76 kilogram

Urban-rural areas
I: 73, 39.7%
A: 111, 60.3%
'Inner urban area, outer urban area; peri-urban area; local centers in rural areas; rural heartland areas; <missing>'
'Rural areas close to urban areas; rural heartland areas; sparsely populated rural areas'

Signs and symptoms such as such as minor pain, ache, nausea, itching, etc.
I: 53, 66.2%
A: 27, 33.8%
≤ 63.6; <missing>
> 63.6

Frequency of exercise through swimming
I: 13, 28.3%
A: 33, 71.7%
'No signs or symptoms'
'Once a month or less; 2-3 times a month; once a week; 2-3 times a week; 4 times a week or more; <missing>'
'No, I have not'

Considered retirement before the retirement age?
I: 14, 29.8%
A: 33, 70.2%
≤ 0.9 hour per weekday
> 0.9 hour per weekday; <missing>

Average weekday total sitting time
I: 412, 46.9%
A: 466, 53.1%
(31%, 41.6%); <missing>
(3.33, 9.5) hour per weekday; <missing>

Weight
I: 151, 38.0%
A: 246, 62.0%
≤ 24.32 kilogram
> 24.32 kilogram

Average weekday sitting time at the office or other such place
I: 73, 75.3%
A: 24, 24.7%
(24.32-37.41) kilogram; <missing>
> 37.41 kilogram

Explorative excitability score^b
I: 72, 53.3%
A: 63, 50.7%
≤ 63.6; <missing>
> 63.6

Impulsiveness score^b
I: 13, 17.3%
A: 62, 82.7%
≤ 40; <missing>
> 40

Frequency of exercise through walking
I: 105, 38.9%
A: 165, 61.1%
'Not at all; once a month or less; 2-3 times a week; 2-3 times a week; <missing>'
'4 times a week or more'

Average weekday computer use time
I: 17, 32.1%
A: 36, 67.9%
≤ 0.9 hour per weekday
> 0.9 hour per weekday; <missing>

Skeletal muscle mass
I: 134, 53.8%
A: 115, 46.2%
(24.32-37.41) kilogram; <missing>
> 37.41 kilogram

Number of road accidents^a
I: 100, 50.0%
A: 100, 50.0%
≤ 3
> 3

Enjoyment of daily activities
I: 34, 69.4%
A: 15, 30.6%
'Often; fairly often; now and then'
'Hardly ever; never; <missing>'

Frequency of exercise through walking
I: 33, 63.5%
A: 19, 36.5%
'Not at all; once a month or less; 2-3 times a week; 2-3 times a week; <missing>'
'4 times a week or more'

Impulsiveness score^b
I: 40, 40.8%
A: 58, 59.2%
≤ 40; <missing>
> 40

Frequency of exercise through walking
I: 33, 71.7%
A: 13, 28.3%
'No signs or symptoms'
'Once a month or less; 2-3 times a month; once a week; 2-3 times a week; 4 times a week or more; <missing>'
'No, I have not'

Average weekday computer use time
I: 17, 32.1%
A: 36, 67.9%
≤ 0.9 hour per weekday
> 0.9 hour per weekday; <missing>

Frequency of exercise through gardening
I: 175, 55.2%
A: 142, 44.8%
> 41.6%
'Not at all; once a month or less'
'2-3 times a month; once a week; 2-3 times a week; 4 times a week or more'

Normalized heart rate recovery slope
I: 52, 41.9%
A: 72, 58.1%
≥ 55 %second⁻¹
< 55 %second⁻¹; <missing>

Average weekday total sitting time
I: 123, 63.7%
A: 70, 36.3%
≥ 55 %second⁻¹
< 55 %second⁻¹; <missing>

Enjoyment of daily activities
I: 13, 24.5%
A: 40, 75.5%
'Often; fairly often; now and then'
'Hardly ever; never; <missing>'

Impulsiveness score^b
I: 60, 58.8%
A: 42, 41.2%
≤ 40; <missing>
> 40

Frequency of exercise through walking
I: 33, 71.7%
A: 13, 28.3%
'No signs or symptoms'
'Once a month or less; 2-3 times a month; once a week; 2-3 times a week; 4 times a week or more; <missing>'
'No, I have not'

Average weekday computer use time
I: 17, 32.1%
A: 36, 67.9%
≤ 0.9 hour per weekday
> 0.9 hour per weekday; <missing>

Normalized heart rate recovery 60 seconds after exercise
I: 275, 61.1%
A: 175, 38.9%
> 41.6%

Normalized heart rate recovery slope
I: 100, 75.2%
A: 33, 24.8%
≥ 55 %second⁻¹
< 55 %second⁻¹; <missing>

Average weekday total sitting time
I: 123, 63.7%
A: 70, 36.3%
≥ 55 %second⁻¹
< 55 %second⁻¹; <missing>

Enjoyment of daily activities
I: 13, 24.5%
A: 40, 75.5%
'Often; fairly often; now and then'
'Hardly ever; never; <missing>'

Impulsiveness score^b
I: 60, 58.8%
A: 42, 41.2%
≤ 40; <missing>
> 40

Frequency of exercise through walking
I: 33, 71.7%
A: 13, 28.3%
'No signs or symptoms'
'Once a month or less; 2-3 times a month; once a week; 2-3 times a week; 4 times a week or more; <missing>'
'No, I have not'

Average weekday computer use time
I: 17, 32.1%
A: 36, 67.9%
≤ 0.9 hour per weekday
> 0.9 hour per weekday; <missing>

Normalized heart rate recovery 60 seconds after exercise
I: 275, 61.1%
A: 175, 38.9%
> 41.6%

Normalized heart rate recovery slope
I: 100, 75.2%
A: 33, 24.8%
≥ 55 %second⁻¹
< 55 %second⁻¹; <missing>

Average weekday total sitting time
I: 123, 63.7%
A: 70, 36.3%
≥ 55 %second⁻¹
< 55 %second⁻¹; <missing>

Enjoyment of daily activities
I: 13, 24.5%
A: 40, 75.5%
'Often; fairly often; now and then'
'Hardly ever; never; <missing>'

Impulsiveness score^b
I: 60, 58.8%
A: 42, 41.2%
≤ 40; <missing>
> 40

Frequency of exercise through walking
I: 33, 71.7%
A: 13, 28.3%
'No signs or symptoms'
'Once a month or less; 2-3 times a month; once a week; 2-3 times a week; 4 times a week or more; <missing>'
'No, I have not'

Average weekday computer use time
I: 17, 32.1%
A: 36, 67.9%
≤ 0.9 hour per weekday
> 0.9 hour per weekday; <missing>