**Table S1.** The English version of the questionnaire provided by the National Health Insurance Service during general health screening examinations

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| For each question, please check one of the items corresponding to your status of physical activity during the past week. | | |
| Question | Example | Number of days |
| During the past week,  Q1. How many days during the past week did you do vigorous physical activities, making you much more breathless than usual, for at least 20 minutes? | Running, aerobics, climbing, cycling at a fast pace, mountain climbing | □0 □1 □2 □3 □4 □5 □6 □7 |
| Q2. How many days during the past week did you do moderate-intensity physical activities making you a little more breathless than usual, for at least 30 minutes?  ♣ Excluding activities included in Q1 | Brisk walking, cycling at a usual speed, gardening | □0 □1 □2 □3 □4 □5 □6 □7 |
| Q3. How many days during the past week did you walk for a total of 30 minutes or more?  ♣ Excluding activities included in Q1 | Usual pace walking | □0 □1 □2 □3 □4 □5 □6 □7 |