

**Table 3 Association between cardiovascular risk factors and type of physical activity**

Physical activity	Statistics	FBS	TG	TC	SBP	DBP	AST	ALT	WC	BMI
Work-related	PC	-0.212	-0.077	0.010	-0.043	-0.086	-0.002	-0.017	-0.059	-0.217
	P	< 0.001	0.118	0.883	0.384	0.079	0.978	0.725	0.233	< 0.001
Transport-related	PC	-0.135	-0.145	-0.121	-0.186	-0.134	-0.120	-0.129	-0.070	-0.230
	P	0.006	0.003	0.014	< 0.001	0.006	0.014	0.008	0.154	< 0.001
Home-time	PC	-0.132	-0.145	-0.161	-0.179	-0.094	-0.145	-0.115	-0.098	-0.202
	P	0.007	0.003	0.001	< 0.001	0.055	0.003	0.019	0.051	< 0.001
Leisure-time	PC	-0.202	-0.239	-0.240	-0.250	-0.187	-0.140	-0.133	-0.037	-0.319
	P	< 0.001	< 0.001	< 0.001	< 0.001	< 0.001	0.004	0.007	0.456	< 0.001
Total	PC	-0.258	-0.146	-0.060	-0.120	-0.131	-0.055	-0.067	-0.081	-0.301
	P	< 0.001	0.003	0.22	0.015	0.007	0.267	0.171	0.98	< 0.001

FBS = fasting blood sugar; TG = triglycerides; TC = total cholesterol; AST = aspartate aminotransferase; ALT = alanine aminotransferase; SBP = systolic blood pressure; DBP = diastolic blood pressure; WC = waist circumference; BMI = body mass index; PC = Pearson correlation coefficient.

Note. Cardiovascular risk factors: FBS  $\geq 100$  mg/dL, TG  $\geq 150$  mg/dL, TC  $\geq 200$  mg/dL, SBP  $\geq 130$  mmHg, DBP  $\geq 85$  mmHg and WC  $\geq 102$  cm.