

**Table 4: Effect of physical activity type on cardiovascular risk factors: logistic regression analysis**

Physical activity	FBS OR (95% CI)	TG OR (95% CI)	TC OR (95% CI)	SBP OR (95% CI)	DBP OR (95% CI)	WC OR (95% CI)
Work-related	0.98 <sup>*</sup> (0.97–0.99)	1.00 (0.99–1.01)	1.00 (0.99–1.01)	1.00 (0.99–1.01)	1.00 (0.99–1.01)	0.97 <sup>**</sup> (0.95–0.99)
Transport-related	0.999 (0.99–1.01)	0.998 (0.99–1.01)	1.00 (0.99–1.01)	1.00 (0.99–1.01)	0.999 (0.99–1.01)	0.98 <sup>*</sup> (0.97–0.99)
Home-time	0.999 (0.99–1.01)	1.00 (0.99–1.01)	0.998 (0.99–1.01)	0.98 <sup>**</sup> (0.96–0.99)	0.998 (0.99–1.01)	1.00 (0.99–1.01)
Leisure-time	0.97 <sup>**</sup> (0.96–0.98)	0.97 <sup>**</sup> (0.96–0.99)	0.98 <sup>**</sup> (0.97–0.99)	0.98 <sup>*</sup> (0.97–0.99)	0.98 <sup>*</sup> (0.97–0.99)	0.97 <sup>**</sup> (0.96–0.98)

FBS = fasting blood sugar; TG = triglycerides; TC = total cholesterol; SBP = systolic blood pressure; DBP = diastolic blood pressure; WC = waist circumference; OR = odds ratio;

CI = confidence interval.

\* $P < 0.05$ ; \*\* $P < 0.005$ .

Note. Cardiovascular risk factors were: 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. Adjusted for age and smoking.