**Table 1** Characteristics and habitual physical activity of the MVPA tertiles

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|  | **LoMVPA** | **ModMVPA** | **HiMVPA** |
| *n* | 11 (8 F) | 11 (8 F) | 12 (8 F) |
| Age (years) | 29.6 ± 10.7 | 26.0 ± 3.3 | 28.7 ± 10.0 |
| Stature (cm) | 165.6 ± 7.1 | 168.8 ± 8.7 | 169.8 ± 8.5 |
| BMI (kg•m-2) | 23.1 ± 2.9 | 22.7 ± 2.2 | 22.4 ± 2.1 |
| Body mass (kg) | 63.8 ± 11.6 | 64.8 ± 9.3 | 64.7 ± 9.3 |
| Fat mass (kg) | 17.5 ± 4.5 | 15.5 ± 5.1 | 14.6 ± 5.3 |
| Fat-free mass (kg) | 46.4 ± 10.3 | 49.3 ± 11.3 | 50.1 ± 10.6 |
| Body fat (%) | 27.6 ± 6.5 | 24.5 ± 8.8 | 22.9 ± 8.0 |
| RMR  (kcal•24h-1) | 1514.7 ± 225.3 | 1674.2 ± 274.1 | 1689.4 ± 313.6 |
| VO2max  (mL•kg-1•min-1) | 37.0 ± 7.0a | 43.5 ± 6.8a,b | 46.4 ± 6.4b1 |
| Binge Eating Scale | 10.6 ± 5.8 | 7.6 ± 6.0 | 7.8 ± 5.7 |
| Restraint | 8.8 ± 5.3 | 8.1 ± 4.1 | 8.1 ± 3.3 |
| Disinhibition | 6.2 ± 2.6 | 5.5 ± 3.0 | 5.3 ± 3.1 |
| Craving Control | 62.2 ± 14.8 | 65.5 ± 21.9 | 57.2 ± 19.4 |
| TDEE (kcal•24h-1) | 2184.8 ± 394.7a | 2435.4 ± 405.3a,b | 2706.4 ± 548.8b |
| Light PA (min•24h-1) | 214.7 ± 73.3a | 253.9 ± 67.6a,b | 280.0 ± 73.9b |
| MVPA (min•24h-1) | 82.7 ± 16.2a | 120.7 ± 14.8b | 174.0 ± 38.6c |
| SED (min•24h-1) | 682.3 ± 81.5a | 615.1 ± 74.7a,b | 553.7 ± 94.0b |
| PAL | 1.49 ± 0.07a | 1.62 ± 0.05b | 1.78 ± 0.14c |

Unalike letters indicate difference *p*<.05. *1n* =11*. LoMVPA* low moderate-to-vigorous physical activity tertile; *ModMVPA* moderate moderate-to-vigorous physical activity tertile; *HiMVPA* high moderate-to-vigorous physical activity tertile; *BMI* body mass index; *RMR* resting metabolic rate; *TDEE* total daily energy expenditure; *PA* physical activity; *MVPA* moderate-to-vigorous physical activity; *PAL* physical activity level; *SED* sedentary behaviour.