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Relationships between older adults' use of time and cardio-respiratory fitness, obesity and cardio-metabolic risk: a compositional isotemporal substitution analysis

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Highlights

- How older adults use their time is related to their fitness and adiposity.
- More moderate-to-vigorous physical activity, at the expense of other behaviours, is linked to lower adiposity.
- Maintaining moderate-to-vigorous physical activity, even without increasing it, may be a valuable intervention goal.

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