**Energy consumption:**

Energy consumption (kcal /week) = MET \* Times per week \* Minutes per time \* Weight(kg)/60). Physical activities included walking (4.0 MET), indoor housework (3.5 MET), outdoor housework (5.0 MET), dancing (4.5 MET), playing ping-pong (4.0 MET) and other regular exercises (5.0 MET).