Figure 1 Contextual Interaction between participation in flexibility-related activities and attending a school with another room for PA.

Using the model estimates, the average minutes of MVPA per day for female adolescents can be estimated as a function of both participating in yoga and stretching activities and attending a school with another room for PA. In Figure 1, the model-based estimates of a female adolescent relative to a hypothetical female adolescent who participates in yoga and stretching activities and attends a school without a another room for PA are presented.

\[ \Delta \text{ in } \geq 3 \text{ days} = 16.78 \text{min/day} \times 1.17 \text{METs} = 19.6 \text{kcal/day} \times 196 \text{ school days/year} = 3841.6 \text{kcal/year} \]

\[ \Delta \text{ in } < 3 \text{ days} = 6.12 \text{min/day} \times 1.17 \text{METs} = 7.2 \text{kcal/day} \times 196 \text{ school days/year} = 1411.2 \text{kcal/year} \]