

Baseline characteristics<sup>a</sup> of the study population (n=292).

Characteristic	Mean (SD) or N (%)	
<b>Age, years</b>	34.2 (10.6)	
<b>Race/Ethnicity</b>		
	White	259 (89.3%)
	African American	10 (3.5%)
	Other	21 (7.2%)
<b>Gender</b>		
	Male	197 (68.6%)
	Female	90 (31.4%)
<b>Education Level</b>		
	High School or Less	27 (9.3%)
	Some College or 4-year Degree	208 (71.2%)
	Graduate Degree	57 (19.5%)
<b>Income, per year</b>		
	<\$75,000	147 (57.7%)
	≥\$75,000	108 (42.4%)
<b>Employed</b>		
	Yes	219 (75.0%)
	No	73 (25.0%)
<b>BMI, kg/m<sup>2</sup></b>		31.2 (8.8)
<b>BMI Category</b>		
	<25 kg/m <sup>2</sup>	77 (26.4%)
	25-29.9 kg/m <sup>2</sup>	77 (26.4%)
	≥30 kg/m <sup>2</sup>	138 (47.3%)
<b>MVPA, hours/week</b>		5.1 (5.9)
<b>≥2.5 MVPA, hours/week</b>		
	Yes	166 (56.9%)
	No	126 (43.2%)
<b>Total Sitting Time, hours/day</b>		
	Weekday	9.1 (4.5)
	Weekend	7.9 (4.0)
<b>Time Spent Gaming</b>		
	Total, hours/week	12.6 (10.9)
	Weekday, hours/day	1.7 (1.6)
	Weekend, hours/day	2.1 (1.8)

<b>Number of Platforms Used</b>		
	1	22 (7.5%)
	2	74 (25.3%)
	3	121 (41.4%)
	4+	75 (25.7%)
<b>Platform Preference</b>		
	Tabletop Gaming	116 (39.7%)
	Computer Gaming	103 (35.3%)
	Console Gaming	41 (14.0%)
	Other Electronic Gaming	25 (8.6%)
	LARP	7 (2.4%)
<b>Proportion of Time Spent Sitting While Gaming</b>		
	Half or Less	45 (15.6%)
	Most or All	243 (84.4%)
<b>Takes Breaks While Gaming</b>		
	Yes	227 (82.6%)
	No	48 (17.4%)
<b>Frequency of Breaks</b>		
	Every ≤55 minute	147 (64.8%)
	1 hour +	80 (35.2%)
<b>Disability/Health Condition That Limits Physical Activity</b>		
	Yes	66 (22.8%)
	No	224 (77.2%)
<b>Cardiovascular Disease</b>		
	Yes	2 (0.7%)
	No	279 (99.3%)
<b>Cardiovascular Risk Factors</b>		
	Yes	67 (23.1%)
	No	223 (76.9%)
<b>Servings of Fruit per Day</b>		1.04 (0.96)
<b>Servings of Vegetables per Day</b>		1.83 (1.21)

<sup>a</sup>Means (SD) for continuous variables and frequencies (%) for categorical variables.  
 BMI-Body Mass Index  
 MVPA-Moderate to Vigorous Physical Activity