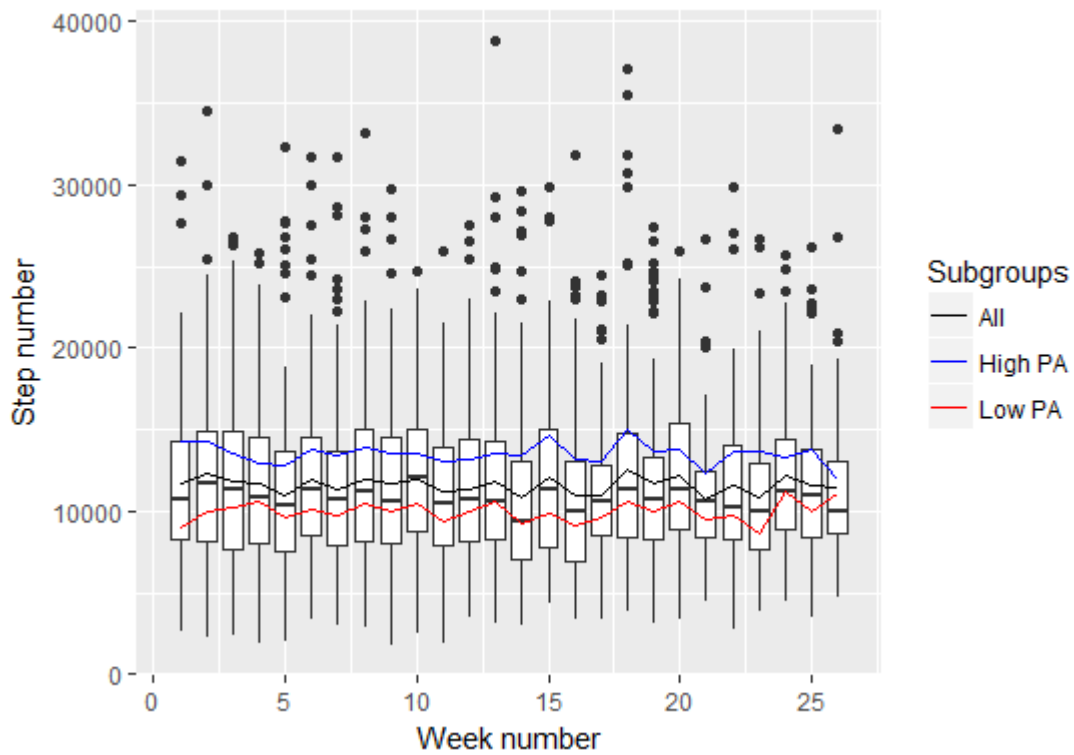


Appendix 3: Boxplots of the 55 participants' daily step count over 26 study weeks



Abbreviations: PA: physical activity. **Notes:** A 'high' physical activity level was defined as having at least 10,000 steps per day on average for the first week, while a 'low' physical activity level was defined as having less than 10,000 steps per day on average during the first week.