ESM Table 1 Physical activity and diet analysis during last day of each activity regimen

Variables	SIT	EXE	SL	*p* value[a]	*p* EXE-SIT[b]	*p* SL-SIT[b]	*p* SL-EXE[b]
Estimated EE (MET × h/day)	32.0 (0.1)	36.9 (0.2)	37.5 (0.3)	<0.001	<0.001	<0.001	0.056
Energy intake (kJ)	9340 (299)	9367 (284)	9351 (293)	0.953	0.779	0.891	0.792
Carbohydrates (%)	52.1 (0.7)	52.4 (0.6)	52.5 (0.6)	0.332	0.400	0.253	0.315
Protein (%)	17.2 (0.4)	17.2 (0.4)	17.0 (0.4)	0.228	0.822	0.498	0.116
Fat (%)	30.5 (0.9)	30.3 (0.8)	30.2 (0.8)	0.438	0.560	0.253	0.590
Sitting (h/day)	13.7 (0.4)	13.0 (0.3)	9.0 (0.4)	<0.001	0.162	<0.001	<0.001
Walking (h/day)	0.9 (0.1)	0.9 (0.1)	3.2 (0.1)	<0.001	0.692	<0.001	<0.001
Standing (h/day)	1.5 (0.1)	1.3 (0.1)	3.9 (0.2)	<0.001	0.181	<0.001	<0.001
Cycling (h/day)	-	1.1 (0.1)	-	-	-	-	-
Sleeping (h/day)	7.9 (0.3)	7.7 (0.2)	8.0 (0.3)	0.372	0.444	0.886	0.169
Steps/day (n)	4476 (321)	4595 (244)	17,993 (654)	<0.001	0.708	<0.001	<0.001
Cadence (steps/min)	84 (2)	84 (2)	95 (2)	<0.001	0.826	<0.001	<0.001

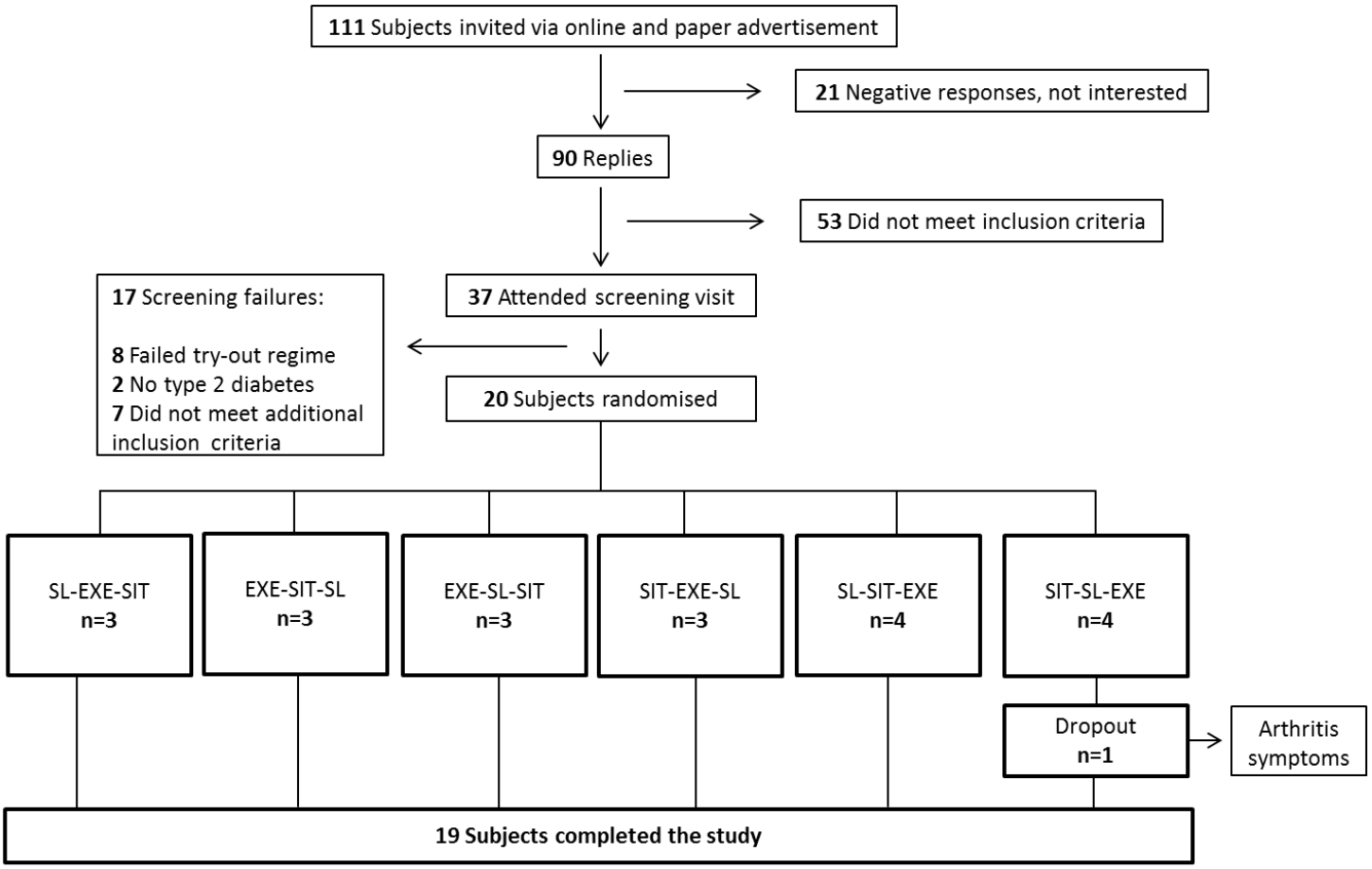
Data (*n*=19 individuals) are presented as estimated means (SEM)

Diet and activities (during last day of each activity regimen) were assessed via diary data and activPAL accelerometry respectively

P values were generated using linear mixed model analyses for [a]overall difference and [b]pairwise comparisons between activity regimens

EE, Energy expenditure; EXE, Exercise; SIT, Sitting; SL, Sit Less

ESM Fig. 1: Trial CONSORT diagram



EXE, Exercise; SIT, Sitting; SL, Sit Less