Supplementary Table 1. Changes in Physical Activity in 10-minute bouts from the Multilevel Model[a].

	Total Physical Activity		Moderate to Vigorous Physical Activity		Light Physical Activity		
	Model A[b]	Model B[c]	Model A[b]	Model B[c]	Model A[b]	Model B[c]	Model C[d]
Fixed Effects							
Intercept	62.44*** (8.72)	65.10*** (17.78)	36.88*** (8.34)	34.48* (16.84)	26.03*** (4.35)	26.53*** (7.22)	32.82*** (8.25)
Time[e]	18.81** (6.03)	18.81** (6.03)	10.18* (5.00)	10.11* (5.00)	8.91* (3.85)	8.90* (3.81)	-0.97 (7.51)
Group[f]		6.78 (18.37)		-3.55 (17.41)		5.82 (7.00)	12.84 (8.51)
Fitness Facility Membership[g]		-7.89 (19.32)		5.84 (18.27)		-4.00 (7.40)	-17.76 ~ (9.02)
Age		0.31 (0.86)		0.65 (0.82)		-0.25 (0.32)	-0.26 (0.31)
Time*Group							-11.94 (7.61)
Time*Membership							21.06* (8.29)
Random Effects							
Residual	2496.12*** (492.20)	2496.91*** (492.70)	1087.78** (359.15)	1078.84** (353.55)	799.32*** (152.69)	784.51*** (159.07)	735.47*** (144.63)
Time	0	0	316.32 (272.91)	321.14 (271.24)	120.15 (138.12)	114.88 (144.57)	124.52~ (83.34)
Intercept	619.53 (819.95)	807.47 (893.49)	1646.81* (713.36)	1792.25** (763.19)	0	0	0
Covariance	1027.47** (398.81)	1084.68*** (423.24)	270.51 (310.31)	350.15 (327.78)	-10.32 (92.93)	21.60 (101.36)	N/A
Goodness of Fit Statistics							
Deviance	1004.9	978.7	972.2	955.0	881.5	869.4	849.3
AIC	1010.9	993.7	980.2	963.0	887.5	875.4	853.5
BIC	1015.8	998.6	986.7	969.6	892.4	880.3	856.6

~ $p < .10$, * $p < .05$, ** $p < .01$, *** $p < .001$

[a] Estimate (Standard Error)

[b] Model A, Unconditional Growth Model to determine the change in physical activity over time without level-2 predictors

[c] Model B, Conditional Growth Model to determine change over time when controlling for level-2 predictors

[d] Model C, Conditional Growth Model with group and gym membership as level-2 predictors on the impact of time. Random effects were not allowed to covary for this model

[e] Time, coded baseline, 0; 2-month, 1; 4-month, 2

[f] Group, coded PAC, 0; PAC+fHRA, 1

[g] Fitness Facility Membership, coded No Membership, 0; Membership, 1

Supplementary Table 2. Mean Values of Physical Activity at Baseline and 4-months[a]

|	Baseline	2-months	4-months
PAC (n=22)			
TPA$_{10Mins}$ (mins/week)[b]	61 ± 12	61 ± 19	113 ± 21
MVPA$_{10Mins}$ (mins/week)[c]	38 ± 12	30 ± 16	62 ± 17
LPA$_{10Mins}$ (mins/week)[d]	22 ± 4	30 ± 10	51 ± 9
PAC+fHRA (n=16)			
TPA$_{10Mins}$ (mins/week)[b]	72 ± 12	66 ± 23	107 ± 20
MVPA$_{10Mins}$ (mins/week)[c]	37 ± 11	37 ± 14	66 ± 20
LPA$_{10Mins}$ (mins/week)[d]	34 ± 8	29 ± 12	41 ± 7

[a]Values expressed as mean $\pm$ standard error
[b]TPA$_{10Min}$, total physical activity in bouts of 10 minutes or more
[c]MVPA$_{10Mins}$, moderate to vigorous intensity physical activity in bouts of 10 minutes or more
[d]LPA$_{10Mins}$, light intensity physical activity in bouts of 10 minutes or more

Supplementary Figure 1. Change in Light Physical Activity per week for Participants with and without Fitness Facility Memberships[a]
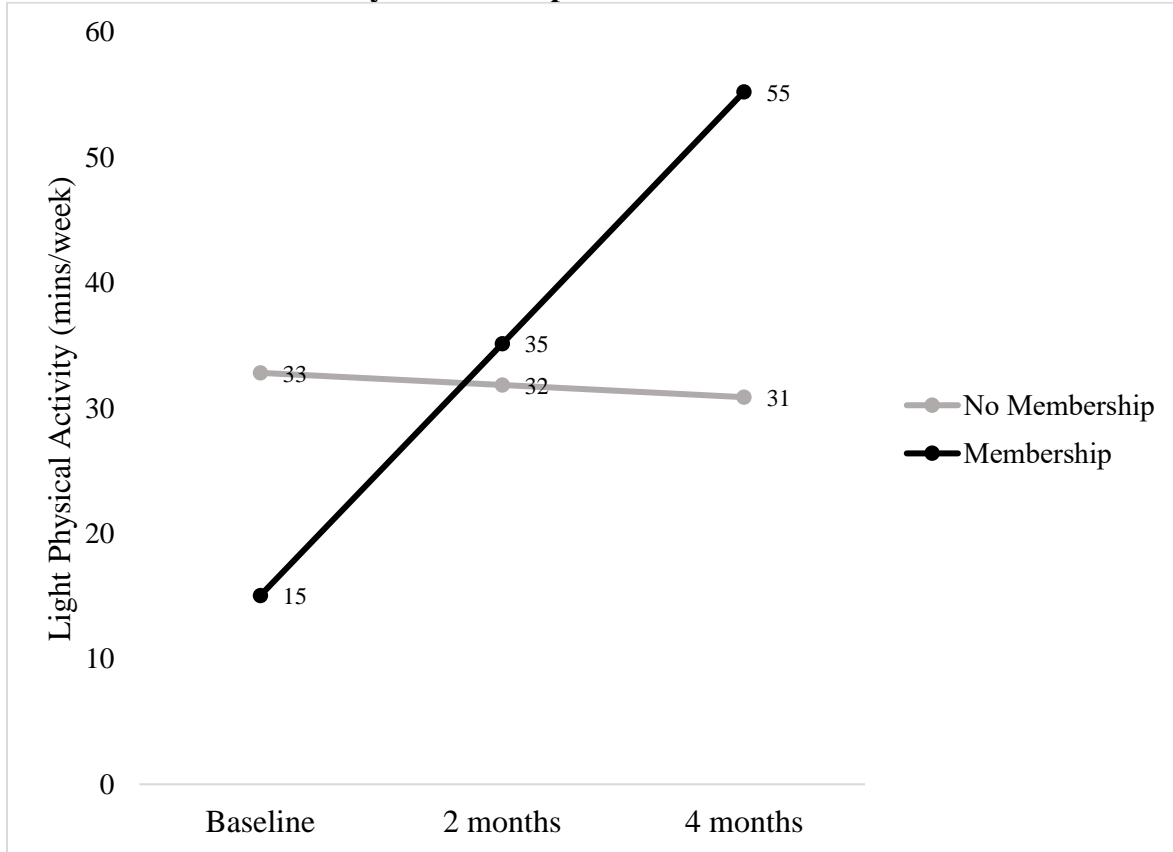
[a] Physical activity values for participants with an average age and in the Physical Activity Counseling group