

Supplementary Table 1. Time spent (minutes) in different intensities by metabolic equivalent

| | Normal Weight | | | | | | Overweight/Obesity | | | | | |
|----------|---------------|------|---------|------|----------|------|--------------------|------|---------|------|----------|------|
| | Fruit Ninja | | Kung-Fu | | Shape Up | | Fruit Ninja | | Kung-Fu | | Shape Up | |
| Light | 4.3 | ±3.8 | 2.6 | ±3.3 | 1.7 | ±1.4 | 6.7 | ±3.2 | 3.9 | ±3.0 | 2.8 | ±1.6 |
| Moderate | 5.3 | ±3.8 | 6.0 | ±3.1 | 5.9 | ±1.8 | 2.9 | ±3.2 | 5.5 | ±3.2 | 5.3 | ±2.4 |
| Vigorous | 0.4 | ±1.1 | 1.2 | ±1.9 | 1.8 | ±1.9 | 0.0 | ±0.0 | 0.0 | ±0.0 | 0.4 | ±0.8 |
| MVPA | 5.7 | ±4.1 | 7.1 | ±3.6 | 7.7 | ±2.3 | 2.9 | ±3.2 | 5.5 | ±3.2 | 5.6 | ±2.7 |

Data are presented as means ± standard deviation.