

**Supplementary Material 1.** Descriptive statistics (medians with 1<sup>st</sup> (Q<sub>1</sub>) and 3<sup>rd</sup> (Q<sub>3</sub>) quartiles) of physical activity (PA) behavior, anthropometrics and physical fitness in the experimental and control group, respectively, at baseline, 3 months and 6 months.

	Experimental group Median (Q <sub>1</sub> , Q <sub>3</sub> )			Control group Median (Q <sub>1</sub> , Q <sub>3</sub> )		
	Baseline n=8	3 months n=8	6 months n=6	Baseline n=11	3 months n=11	6 months n=9
<b>PA behavior</b>						
Wear time (h)	164.9 (152.0, 166.1)	158.2 (147.0, 158.9)	156.5 (123.5, 157.4)	165.5 (155.6, 167.4)	156.0 (131.0, 163.5)	138.1 (115.4, 160.8)
Sedentary behavior (h/week)	59.8 (57.8, 61.5)	62.8 (52.4, 63.6)	60.0 (56.4, 60.2)	55.8 (50.9, 60.0)	51.6 (44.2, 58.1)	49.7 (38.5, 57.1)
Moderate PA (h/week)	9.9 (7.9, 10.7)	10.3 (6.0, 11.4)	8.9 (8.7, 10.2)	8.6 (7.2, 10.4)	9.0 (6.4, 9.2)	6.6 (5.6, 8.5)
Vigorous PA (h/week)	0.1 (0.0, 0.8)	0.2 (0.0, 0.2)	0.2 (0.0, 0.8)	0.1 (0.0, 0.2)	0.1 (0.0, 0.3)	0.0 (0.0, 0.2)
MVPA (h/week)	10.4 (8.4, 10.8)	10.4 (7.0, 11.6)	9.5 (8.9, 10.3)	8.7 (7.4, 10.5)	9.0 (6.7, 9.2)	6.7 (5.6, 8.7)
<b>Anthropometrics</b>						
BMI (kg/m <sup>2</sup> )	26.1 (23.2, 27.0)	26.1 (23.5, 27.3)	24.9 (23.2, 26.2)	22.5 (20.3, 26.9)	23.1 (20.1, 27.6)	22.4 (18.9, 25.4)
<b>Physical fitness</b>						
30s chair stand (n)	16.5 (14.5, 18.2)	18.5 (15.0, 22.5) <sup>a</sup>	20.0 (18.2, 21.7) <sup>a</sup>	16.0 (15.0; 17.0)	18.0 (14.5; 21.5)	17.0 (15.0; 19.0)
Handgrip strength (kg) <sup>b</sup>	28.0 (26.2, 33.0)	30.0 (28.5, 33.2)	32.5 (31.2, 33.7) <sup>a</sup>	28.0 (22.5, 30.5)	26.0 (18.5, 31.0)	22.0 (20.0, 31.0)
Cardiovascular fitness (stage)	28.5 (25.2, 33.7)	31.0 (25.0, 32.5)	33.0 (31.0, 34.0)	25.0 (22.0, 30.0)	26.0 (22.0, 30.5)	29.0 (24.0, 34.0)

<sup>a</sup> significantly different from baseline (p < 0.05)

<sup>b</sup> significant group by time interaction (p < 0.05)

MVPA: moderate-to-vigorous physical activity