

Supplementary Table 1. Comparison of steps between baseline and the intervention period (weeks 4-6) (n = 72).

	n	Number of steps, mean (SD)		Increase in number of steps			Increase rate <sup>b</sup>		
		Baseline	Intervention period	Mean	(95% CI)	p-value <sup>a</sup>	Mean	(95% CI)	p-value <sup>a</sup>
Intervention	36	6859 ( 3223 )	8510 ( 3155 )	1650	( 1182 , 2119 )	< 0.001	31.0	( 20.9 , 41.2 )	< 0.001
Control	36	5869 ( 2249 )	6383 ( 2737 )	514	( 136 , 891 )		9.1	( 2.5 , 15.7 )	

CI, confidence interval.

<sup>a</sup> *t*-test.

<sup>b</sup> Rate (%) of change in mean number of steps/day.

Supplementary Table 2. Comparison of steps between baseline and the follow-up period (weeks 7-9) (n = 72).

	n	Number of steps, mean (SD)		Increase in number of steps			Increase rate <sup>b</sup>		
		Baseline	Follow-up	Mean	(95% CI)	p-value <sup>a</sup>	Mean	(95% CI)	p-value <sup>a</sup>
Intervention	36	6859 ( 3223 )	7793 ( 3166 )	933	( 312 , 1555 )	0.311	20.3	( 7.6 , 33.1 )	0.270
Control	36	5869 ( 2249 )	6425 ( 2504 )	556	( 136 , 976 )		12.1	( 4.2 , 20.0 )	

CI, confidence interval.

<sup>a</sup> t-test.

<sup>b</sup> Rate (%) of change in mean number of steps/day.