

	Comparison	Sample Sizes		Mean Difference ± SD [95% CI] (Hours); Cohen's D Effect Size; p Value; Unidirectional Trend (☺)		
		N1	N2	Sedentary Time	Standing Time	Stepping Time
Between Group Comparisons	B: Sit-to-stand desk - Control	23	21	-0.14 ± 2.85 [-1.82, 1.55]; 0.05; 0.8741; ----	-0.91 ± 1.91 [-2.04, 0.22]; 0.47; 0.1156; ----	0.07 ± 0.82 [-0.41, 0.55]; 0.09; 0.7690; ----
	B: Treadmill desk - Control	22	21	-0.02 ± 2.98 [-1.81, 1.78]; 0.01; 0.9844; ----	-0.63 ± 1.99 [-1.83, 0.57]; 0.32; 0.3049; ----	-0.21 ± 0.82 [-0.70, 0.28]; 0.26; 0.4025; ----
	B: Treadmill desk - Sit-to-stand desk	22	23	0.12 ± 2.74 [-1.49, 1.73]; 0.04; 0.8857; ----	0.28 ± 1.86 [-0.81, 1.37]; 0.15; 0.6180; ----	-0.28 ± 0.72 [-0.70, 0.14]; 0.39; 0.1903; ----
	M3: Sit-to-stand desk - Control	21	15	-1.05 ± 2.85 [-2.96, 0.86]; 0.37; 0.2798; ----	-0.17 ± 2.07 [-1.55, 1.20]; 0.08; 0.8054; ----	0.26 ± 0.77 [-0.24, 0.77]; 0.35; 0.3067; ----
	M3: Treadmill desk - Control	22	15	-0.98 ± 3.46 [-3.24, 1.27]; 0.28; 0.3913; ----	0.44 ± 2.64 [-1.23, 2.11]; 0.17; 0.6039; ----	0.69 ± 0.87 [0.13, 1.25]; 0.79; 0.0165; ☺
	M3: Treadmill desk - Sit-to-stand desk	22	21	0.07 ± 3.23 [-1.87, 2.01]; 0.02; 0.9452; ----	0.61 ± 2.55 [-0.91, 2.14]; 0.24; 0.4304; ----	0.42 ± 0.83 [-0.07, 0.92]; 0.51; 0.0954; ----
	M6: Sit-to-stand desk - Control	20	14	-1.62 ± 3.95 [-4.44, 1.20]; 0.41; 0.2608; ----	-0.61 ± 2.65 [-2.50, 1.28]; 0.23; 0.5271; ----	-0.19 ± 1.84 [-1.54, 1.15]; 0.10; 0.7794; ----
	M6: Treadmill desk - Control	19	14	-1.18 ± 4.24 [-4.20, 1.85]; 0.28; 0.4461; ----	0.06 ± 2.87 [-1.98, 2.09]; 0.02; 0.9571; ----	0.19 ± 1.94 [-1.24, 1.63]; 0.10; 0.7901; ----
	M6: Treadmill desk - Sit-to-stand desk	19	20	0.44 ± 3.08 [-1.49, 2.38]; 0.14; 0.6524; ----	0.66 ± 2.20 [-0.72, 2.05]; 0.30; 0.3462; ----	0.39 ± 1.07 [-0.28, 1.05]; 0.36; 0.2569; ----
	M12: Sit-to-stand desk - Control	20	18	-0.68 ± 2.88 [-2.52, 1.15]; 0.24; 0.4663; ----	-0.31 ± 2.03 [-1.59, 0.98]; 0.15; 0.6426; ----	-0.03 ± 0.84 [-0.57, 0.51]; 0.03; 0.9175; ----
	M12: Treadmill desk - Control	20	18	-0.80 ± 3.17 [-2.83, 1.23]; 0.25; 0.4412; ----	0.75 ± 2.30 [-0.72, 2.22]; 0.33; 0.3142; ----	0.15 ± 0.91 [-0.44, 0.75]; 0.17; 0.6097; ----
	M12: Treadmill desk - Sit-to-stand desk	20	20	-0.12 ± 3.02 [-1.99, 1.76]; 0.04; 0.9033; ----	1.06 ± 2.18 [-0.29, 2.41]; 0.49; 0.1235; ----	0.18 ± 0.81 [-0.31, 0.68]; 0.23; 0.4702; ----
Within Group Comparisons	Control: Δ B to M3	21	15	0.26 ± 3.09 [-1.50, 2.03]; 0.09; 0.7688; ----	0.37 ± 2.10 [-0.79, 1.52]; 0.17; 0.5327; ----	-0.13 ± 0.86 [-0.63, 0.38]; 0.15; 0.6259; ----
	Control: Δ B to M6	21	14	0.38 ± 4.10 [-2.31, 3.07]; 0.09; 0.7818; ----	0.16 ± 2.70 [-1.61, 1.94]; 0.06; 0.8574; ----	0.49 ± 1.84 [-0.84, 1.82]; 0.27; 0.4710; ----
	Control: Δ B to M12	21	18	0.08 ± 3.05 [-1.53, 1.70]; 0.03; 0.9194; ----	0.22 ± 2.10 [-0.84, 1.29]; 0.11; 0.6813; ----	0.18 ± 0.92 [-0.35, 0.71]; 0.19; 0.5112; ----
	Control: Δ M3 to M6	15	14	0.12 ± 4.11 [-2.67, 2.91]; 0.03; 0.9354; ----	-0.21 ± 2.75 [-2.08, 1.67]; 0.07; 0.8296; ----	0.61 ± 1.82 [-0.71, 1.94]; 0.34; 0.3634; ----
	Control: Δ M3 to M12	15	18	-0.18 ± 3.07 [-1.99, 1.62]; 0.06; 0.8438; ----	-0.14 ± 2.16 [-1.39, 1.10]; 0.07; 0.8197; ----	0.30 ± 0.88 [-0.24, 0.84]; 0.35; 0.2714; ----
	Control: Δ M6 to M12	14	18	-0.30 ± 4.08 [-3.02, 2.43]; 0.07; 0.8309; ----	0.06 ± 2.75 [-1.74, 1.87]; 0.02; 0.9469; ----	-0.31 ± 1.85 [-1.65, 1.02]; 0.17; 0.6473; ----
	Sit-to-stand desk: Δ B to M3	23	21	-0.65 ± 2.58 [-1.87, 0.57]; 0.25; 0.2951; ----	1.10 ± 1.87 [0.21, 1.99]; 0.59; 0.0151; ☺	0.07 ± 0.72 [-0.30, 0.44]; 0.09; 0.7193; ----
	Sit-to-stand desk: Δ B to M6	23	20	-1.10 ± 2.62 [-2.39, 0.18]; 0.42; 0.0930; ----	0.46 ± 1.84 [-0.42, 1.35]; 0.25; 0.3075; ----	0.23 ± 0.80 [-0.21, 0.66]; 0.28; 0.3051; ----
	Sit-to-stand desk: Δ B to M12	23	20	-0.46 ± 2.66 [-1.77, 0.84]; 0.17; 0.4866; ----	0.83 ± 1.83 [-0.04, 1.69]; 0.45; 0.0628; ----	0.08 ± 0.72 [-0.30, 0.45]; 0.11; 0.6871; ----
	Sit-to-stand desk: Δ M3 to M6	21	20	-0.45 ± 2.60 [-1.75, 0.85]; 0.17; 0.4958; ----	-0.64 ± 1.93 [-1.61, 0.33]; 0.33; 0.1941; ----	0.16 ± 0.80 [-0.28, 0.60]; 0.20; 0.4831; ----
	Sit-to-stand desk: Δ M3 to M12	21	20	0.19 ± 2.64 [-1.14, 1.51]; 0.07; 0.7810; ----	-0.28 ± 1.92 [-1.24, 0.68]; 0.14; 0.5720; ----	0.01 ± 0.72 [-0.37, 0.39]; 0.01; 0.9598; ----
	Sit-to-stand desk: Δ M6 to M12	20	20	0.64 ± 2.68 [-0.74, 2.02]; 0.24; 0.3639; ----	0.36 ± 1.89 [-0.59, 1.32]; 0.19; 0.4530; ----	-0.15 ± 0.80 [-0.60, 0.31]; 0.18; 0.5224; ----
	Treadmill desk: Δ B to M3	22	22	-0.70 ± 3.36 [-2.34, 0.94]; 0.21; 0.4023; ----	1.44 ± 2.54 [0.19, 2.69]; 0.57; 0.0242; ☺	0.77 ± 0.83 [0.34, 1.20]; 0.93; 0.0004; ☺
	Treadmill desk: Δ B to M6	22	19	-0.78 ± 3.18 [-2.40, 0.84]; 0.24; 0.3475; ----	0.85 ± 2.21 [-0.25, 1.95]; 0.38; 0.1311; ----	0.89 ± 1.01 [0.30, 1.48]; 0.88; 0.0030; ☺
	Treadmill desk: Δ B to M12	22	20	-0.70 ± 3.09 [-2.21, 0.81]; 0.23; 0.3654; ----	1.61 ± 2.20 [0.56, 2.66]; 0.73; 0.0027; ☺	0.54 ± 0.80 [0.11, 0.97]; 0.67; 0.0140; ☺
	Treadmill desk: Δ M3 to M6	22	19	-0.08 ± 3.62 [-1.80, 1.64]; 0.02; 0.9313; ----	-0.59 ± 2.76 [-2.01, 0.83]; 0.21; 0.4153; ----	0.12 ± 1.10 [-0.52, 0.75]; 0.11; 0.7133; ----
Treadmill desk: Δ M3 to M12	22	20	0.00 ± 3.55 [-1.80, 1.81]; 0.00; 0.9963; ----	0.17 ± 2.75 [-1.25, 1.59]; 0.06; 0.8154; ----	-0.23 ± 0.91 [-0.74, 0.27]; 0.26; 0.3660; ----	
Treadmill desk: Δ M6 to M12	19	20	0.08 ± 3.37 [-1.72, 1.88]; 0.02; 0.9308; ----	0.76 ± 2.45 [-0.55, 2.07]; 0.31; 0.2571; ----	-0.35 ± 1.08 [-0.98, 0.28]; 0.33; 0.2728; ----	

Supplemental Table 2. Between and within group comparisons of mean daily sedentary, standing and stepping time at the workplace, adjusted for age

Key: B= Baseline, M3= Month-3, M6= Month-6, M12= Month-12 follow-ups, N1= sample size of 1st comparison group, N2= sample size of 2nd comparison group