

Group	Timepoint	N	Sedentary Time (Hours ± SD)	Standing Time (Hours ± SD)	Stepping Time (Hours ± SD)
Control		21	5.17 ± 3.07	2.15 ± 2.04	1.14 ± 0.91
Sit-to-stand desk	Baseline	23	5.03 ± 2.60	1.24 ± 1.77	1.21 ± 0.72
Treadmill desk		22	5.15 ± 2.88	1.52 ± 1.93	0.92 ± 0.71
Control		15	5.44 ± 3.11	2.52 ± 2.17	1.01 ± 0.81
Sit-to-stand desk	Month-3	21	4.38 ± 2.56	2.35 ± 1.96	1.27 ± 0.72
Treadmill desk		22	4.45 ± 3.79	2.96 ± 3.03	1.70 ± 0.93
Control		14	5.55 ± 4.91	2.31 ± 2.23	1.62 ± 2.44
Sit-to-stand desk	Month-6	20	3.93 ± 2.65	1.70 ± 1.90	1.43 ± 0.88
Treadmill desk		19	4.38 ± 3.45	2.37 ± 2.46	1.82 ± 1.24
Control		18	5.25 ± 3.03	2.37 ± 2.16	1.31 ± 0.94
Sit-to-stand desk	Month-12	20	4.57 ± 2.71	2.07 ± 1.88	1.28 ± 0.72
Treadmill desk		20	4.46 ± 3.29	3.13 ± 2.43	1.47 ± 0.89

Supplemental Table 3. Summary of mean daily sedentary, standing and stepping time at the workplace by randomization group*timepoint, adjusted for age