



Supplemental Figure 1. Parkes error grid analysis in SIT (A), 20iP+CONT (B), iP+CONT (C), and 20iP+ACCU (D). SIT, sitting; 20iP+CONT: walking continuously for 30 min initiated 20 min before each participant's postprandial glucose peak (PPGP); iP+CONT: walking continuously for 30 min initiated at PPGP; 20iP+ACCU: walking accumulated for 30 min initiated 20 min before PPGP (3 bouts of 10 min walking separated by 20 min of rest).