

Supplementary Table I The brief individual face-to-face session for the experimental and control groups

The experimental group (n=70)	
Participants received brief ZTEEx-related information (15 min)	
Steps:	Aims:
<ol style="list-style-type: none"> 1. Briefly discuss with the participants about the risk factors related to coronary heart disease (CHD), and ways of reducing the risks (e.g. increase physical activity) 2. Introduce the concepts of ZTEEx and the health benefits of performing ZTEEx. 3. Demonstrate the examples of different poses of ZTEEx and invite the participants to perform the ZTEEx together. e.g. hand grip exercise, shoulder raise, pedalling both legs, raising both heels. 4. Instruct the participants to use the ZTEExApps for further information on and examples of ZTEEx. 5. Suggest participants to perform at least 30 mins per day and record the PA time in the e-dairy in the ZTEEx App. 	<ul style="list-style-type: none"> • To increase participants' risk perception on CHD • To enhance positive and realistic outcome expectancies. • To increase the participants' action self-efficacy of being active • To further enhance knowledge on ZTEEx. • To facilitate goal setting and self-monitoring on doing PA, including ZTEEx.
The control group (n=69)	
Participants received brief healthy eating and breathing exercise information (15 min)	
<ol style="list-style-type: none"> 1. Briefly discuss with the participants about the risk factors related to coronary heart disease (CHD), and ways of reducing the risks (e.g. healthy eating with low sugar and salt consumption). 2. Introduce healthy eating (e.g. low fat, salt & sugar consumption) and its health benefits to promote cardiovascular health. 3. Suggest ways of eating healthy (e.g. taking at least 2 servings of fruit and 3 servings of vegetables every day). 4. Introduce the benefit of practicing breathing exercises (e.g. relaxation) and invite the participants to perform breathing exercises together. 5. Instruct the control participants to perform breathing exercises for at least 30 mins every day. 	<ul style="list-style-type: none"> • To increase the participants' risk perception on CHD • To enhance positive and realistic outcome expectancies from healthy eating • To increase the participants' action self-efficacy of eating healthy