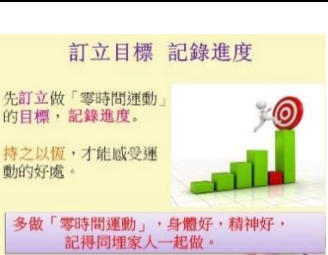






**Supplementary Table 2 The 28 anti-inertia reminder (AIR) picture e-messages via WhatsApp for the experimental and control groups**






e-Message No.	Experimental group (received ZTEx/physical activity picture intervention)	Experimental group AIR picture e-messages	Control group (received healthy eating and breathing picture interventions)	Control group AIR picture e-messages	Goals
<b>Week 1</b>					
e-Message 1	<p><b>Picture e-message description:</b> <i>Set your Goals &amp; record your progress</i></p> <ul style="list-style-type: none"> <li>First, set your goals for performing ZTEx, and record your progress.</li> <li>Persevere, and you will realise the benefits of doing exercise.</li> <li>Keep doing ZTEx; you will look good and feel good.</li> <li>Remember to do it with your family members.</li> </ul>		<p><b>Picture e-message description:</b> <i>Perform breathing exercises (BE) &amp; Record your time spent on physical activities in your dairy</i></p>		<ul style="list-style-type: none"> <li>To motivate the participants to perform taught behaviors.</li> </ul>
e-Message 2	<p><b>Picture e-message description:</b></p> <ul style="list-style-type: none"> <li>Please share with your family: Handgrip strength and health</li> <li>Increasing 5 kg handgrip strength <ul style="list-style-type: none"> <li>can reduce the risk of cardiovascular disease by 7%</li> <li>can reduce stroke mortality by 9%.</li> </ul> </li> </ul>		<p><b>Picture e-message description:</b> <i>Deep breathing exercise Advantages:</i></p> <ul style="list-style-type: none"> <li>Reduce stress and can help with insomnia.</li> </ul>		<ul style="list-style-type: none"> <li>To increase the participants' risk perception of CHD, and</li> <li>To motivate them to increase PA.</li> </ul>
e-Message 3	<p><b>Picture e-message description:</b> <i>Squeeze the soft plastic star to improve handgrip strength</i></p>		<p><b>Picture e-message description:</b> <i>Healthy eating</i></p> <ul style="list-style-type: none"> <li>Pyramid Healthy Eating Food</li> </ul>		<ul style="list-style-type: none"> <li>To increase the participants' action self-efficacy</li> </ul>

<p>e-Message 4</p>	<p><b>Picture e-message description:</b> <b>Handgrip strength – holding a teaspoon</b></p> <ul style="list-style-type: none"> <li>Using a hand grip strengthener to hold a teaspoon at one end</li> <li>Start timing. Try to keep the position.</li> <li>When the spoon falls, record the time of holding the spoon. Use seconds as the unit.</li> </ul>	 <p>手握力-夾茶匙</p> <ol style="list-style-type: none"> <li>1.用手握力器末端夾住茶匙</li> <li>2.開始計時並盡力維持動作</li> <li>3.茶匙落地時，記錄成功夾住茶匙的時間，以計算秒為單位</li> </ol>	<p><b>Picture e-message description:</b> <b>Healthy eating</b></p> <ul style="list-style-type: none"> <li>Healthy meat serving size per</li> </ul>	 <p>每日攝食肉類量： • 與自己手掌單度大小相若的低脂肉類。 • 魚類則可以略大於手掌。</p>	<ul style="list-style-type: none"> <li>To increase the participants' action self-efficacy</li> </ul>
<p>e-Message 5</p>	<p><b>Picture e-message description:</b> <b>Raise the buttock and the upper part of the body</b></p> <ul style="list-style-type: none"> <li>Lie down flat with face-up, bend your knees, and slowly raise the upper part of your body and your buttock.</li> <li>Use your shoulders as the supporter, with soles touching the ground.</li> <li>Keep the shoulders, buttock and knees in a straight line</li> </ul>	 <p>橋式運動 優點：訓練核心肌群，改善骨盆與脊柱穩定，以預防骨盆疼痛、腳掌疼痛等。 提醒：臀部及腳底挺直</p>	<p><b>Picture e-message description:</b> <b>Healthy diet</b></p> <ul style="list-style-type: none"> <li>Taking oats with a description of the health benefits</li> </ul>	<p>食物清道夫幫你清理血管內的垃圾</p>  <p>燕麥，血脂調節劑 • 燕麥中含有豐富的β-葡聚糖和膳食纖維，可對人體調節膽固醇的濃度，對調節血脂有良好的作用。 • 燕麥含有豐富的亞油酸，可通過清除動脈粥樣斑塊保護心臟和血管。 推薦吃法： • 建議選擇「燕地」的燕麥，即大片、整粒、不細碎，且不添加任何糖、動植物蛋白的燕麥。 • 可用熱開水，添加些果仁，營養又美味。</p>	<ul style="list-style-type: none"> <li>To motivate the participants to perform taught behaviors.</li> </ul>
<p>e-Message 6</p>	<p><b>Picture e-message description:</b> <b>No more sitting all day long</b> <b>Let's brisk walk and be strong</b></p>	 <p>http://www.chau.gov.hk/files/ter/EXN_33X015_TC.pdf</p>	<p><b>Picture e-message description:</b> <b>Healthy eating</b></p> <ul style="list-style-type: none"> <li>Serving food portion sizes promotes plant-based proteins.</li> </ul>	<p>健康飲食習慣</p>  <p>http://www2.10000.gov.hk/food/</p>	<ul style="list-style-type: none"> <li>To increase the participants' action self-efficacy</li> </ul>
<p>e-Message 7</p>	<p><b>Picture e-message description:</b> <b>Holding your shopping bags away from your body.</b></p>	<p>拿購物袋時不靠近身體</p> 	<p><b>Picture e-message description:</b> <b>Healthy diet</b></p> <ul style="list-style-type: none"> <li>Benefits of taking celery stalks</li> </ul>	<p>食物清道夫幫你清理血管內的垃圾：</p>  <p>芹菜，血壓控制劑 芹菜富含膳食纖維有利於降膽、降糖，實驗證明芹菜富含多種膳食纖維有明顯的降壓作用，是為血壓患者可選輔助食品。 推薦吃法： 烹製芹菜應少油少鹽，否則會削弱芹菜的降壓作用，可將芹菜焯水後涼拌，或者直接用來榨汁喝。</p>	<ul style="list-style-type: none"> <li>To increase the participants' action self-efficacy</li> </ul>





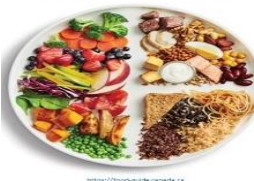
Week 2 to week 6

<p>e-Message 8</p>	<p><b>Picture e-message description:</b> (same as e-message 1)</p>	<p>訂立目標 記錄進度</p> <p>先訂立做「零時間運動」的目標，記錄進度。</p> <p>持之以恆，才能感受運動的好處。</p>  <p>多做「零時間運動」，身體好，精神好，記得同埋家人一起做。</p>	<p><b>Picture e-message description:</b> <i>Breathing exercise</i></p> <ul style="list-style-type: none"> <li>Promote relaxation</li> </ul>	<p>呼吸運動</p> 	<ul style="list-style-type: none"> <li>To motivate the participants to perform taught behaviors.</li> </ul>
<p>e-Message 9</p>	<p><b>Picture e-message description:</b> (same as e-message 4)</p>	<p>手握力-夾茶匙</p>  <ol style="list-style-type: none"> <li>1.用手握力器末端夾住茶匙</li> <li>2.開始計時並盡力維持動作</li> <li>3.茶匙落地時，記錄成功夾住茶匙的時間，以計算秒為單位</li> </ol>	<p><b>Picture e-message description:</b> <i>Healthy eating</i></p> <ul style="list-style-type: none"> <li>Healthy Eating Food Pyramid</li> </ul>	<p>食物金字塔 - 達到飲食均衡的指南</p> 	<ul style="list-style-type: none"> <li>To increase the participants' action self-efficacy</li> </ul>
<p>e-Message 10</p>	<p><b>Picture e-message description:</b> <i>Doing exercise while sitting -- 1</i></p>	<p>坐著時的運動 - 1</p> 	<p><b>Picture e-message description:</b> <i>Healthy eating</i></p> <ul style="list-style-type: none"> <li>Chinese soup picture with the recipe.</li> </ul>	<p>海底椰螺片花膠冬菇紅蘿蔔豬展湯</p>  <ul style="list-style-type: none"> <li>功效：海底椰潤肺補腎、養顏；響螺明目、開胃消滯；花膠滋陰養顏、補益肝腎</li> </ul>	<ul style="list-style-type: none"> <li>To increase the participants' action self-efficacy</li> </ul>
<p>e-Message 11</p>	<p><b>Picture e-message description:</b> <i>Doing exercise while sitting -- 2</i></p>	<p>坐著時的運動 - 2</p> 	<p><b>Picture e-message description:</b> <i>Healthy eating</i></p> <ul style="list-style-type: none"> <li>Low calorie and fat beef soup noodle (restaurant food).</li> </ul>	<p>茶餐廳食品--粉麵</p> <p>牛肉米粉麵湯</p>  <p>每100克中有： 72千卡熱量 2.0克脂肪</p>	<ul style="list-style-type: none"> <li>To increase the participants' action self-efficacy</li> </ul>
<p>e-Message 12</p>	<p><b>Picture e-message description:</b> <i>Doing exercise while sitting -- 3</i></p>	<p>坐著時的運動 - 3</p> 	<p><b>Picture e-message description:</b> <i>Healthy eating</i></p> <ul style="list-style-type: none"> <li>Chinese soup with the recipe.</li> </ul>	<p>蘋果湯</p>  <p>食材 (1-2人) 1小時內</p> <ul style="list-style-type: none"> <li>• 蘋果一個</li> <li>• 糖粉半包</li> <li>• 鮮薑 (去皮) 5 兩</li> <li>• 枸杞數粒</li> <li>• 冰糖適量</li> </ul> <ol style="list-style-type: none"> <li>1. 鮮薑切段沖水焯淨，洗淨切塊，切小片，沖淨洗淨，去核切塊。</li> <li>2. 將鮮薑焯淨，去核切塊，再切滾水。</li> <li>3. 將所有材料放入鍋中，加入1.5公升水，大火煮滾後，轉小火煮約20分鐘即可。</li> </ol>	<ul style="list-style-type: none"> <li>To increase the participants' action self-efficacy</li> </ul>

<p>e-Message 13</p>	<p><b>Picture e-message description:</b> (same as e-message 5)</p>		<p><b>Picture e-message description:</b> <i>Breathing exercise</i></p> <ul style="list-style-type: none"> <li>Promote relaxation</li> </ul>	<p>呼吸操的示意圖:</p>  <p><a href="https://www.gushiku.cn/dl/0errn/zh-hk">https://www.gushiku.cn/dl/0errn/zh-hk</a></p>	<ul style="list-style-type: none"> <li>To motivate the participants to perform taught behaviors.</li> </ul>
<p>e-Message 14</p>	<p><b>Picture e-message description:</b> (same as e-message 6)</p>		<p><b>Picture e-message description:</b> <i>Healthy eating</i></p> <ul style="list-style-type: none"> <li>Low calorie and fat fish soup noodles (restaurant food).</li> </ul>	<p>茶餐廳食品-粉麵魚片湯米粉</p> 	<ul style="list-style-type: none"> <li>To increase the participants' action self-efficacy</li> </ul>
<p>e-Message 15</p>	<p><b>Picture e-message description:</b> (same as e-message 7)</p>	<p>拿購物袋時不靠近身體</p> 	<p><b>Picture e-message description:</b> <i>Healthy eating</i></p> <ul style="list-style-type: none"> <li>Daily sugar, salt, and fat intake limit.</li> </ul>	<p>每日攝取量</p> <p>根據世界衛生組織 2015 的建議</p> <ul style="list-style-type: none"> <li>糖 - 應少於 5 粒方糖 ~ 50 克糖 ~ 約 10 粒方糖</li> <li>鹽 - 應少於 1 茶匙 (鹽(鈉)) ~ 2000 毫克/mg</li> <li>脂肪 - 應少於 12 茶匙油 ~ 60 克脂肪</li> </ul>	<ul style="list-style-type: none"> <li>To increase the participants' action self-efficacy</li> </ul>
<p>e-Message 16</p>	<p><b>Picture e-message description:</b> <i>Climbing stairs fast</i></p>	<p>快速上樓梯</p> 	<p><b>Picture e-message description:</b> <i>Unhealthy eating</i></p> <ul style="list-style-type: none"> <li>High calorie, salt and fat pork ribs and chicken feet steam rice (restaurant food).</li> </ul>	<p>謹慎食用 食物: 低營養素、高熱量、鹽份、油、糖</p> 	<ul style="list-style-type: none"> <li>To increase the participants' action self-efficacy</li> </ul>
<p>e-Message 17</p>	<p><b>Picture e-message description:</b> <i>Push up from the chair</i></p> <p><i>Procedure:</i></p> <ul style="list-style-type: none"> <li>Sit on a chair. Move the buttock and feet forward. Use your arm's strength to support your body.</li> <li>Use the upper arms to raise and lower the body.</li> </ul> <p><i>Advantages:</i></p> <ul style="list-style-type: none"> <li>Train muscles of the upper extremity (behind arms, shoulders, chest)</li> </ul>	<p>椅上掌上壓</p>  <p>步驟:</p> <ul style="list-style-type: none"> <li>坐在椅子前端, 臀部和腳向前方移動, 用手支撐身體;</li> <li>用上臂力量讓身體下降和撐起</li> </ul> <p>好處:</p> <p>鍛鍊上肢肌肉 (手臂後、膊頭、胸部)。</p>	<p><b>Picture e-message description:</b> <i>Unhealthy eating</i></p> <ul style="list-style-type: none"> <li>High calorie, salt and fat curry beef rice (restaurant food).</li> </ul>	<p>謹慎食用 食物: 低營養素、高熱量、鹽份、油、糖</p> 	<ul style="list-style-type: none"> <li>To increase the participants' action self-efficacy</li> </ul>

<p>e-Message 18</p>	<p><b>Picture e-message description:</b> <b>Cross Knee Stretch</b> <i>Procedure:</i></p> <ul style="list-style-type: none"> <li>• Cross one knee over the other foot</li> <li>• Slightly lean forward, with neck and waist kept in a straight line.</li> <li>• Keep leaning until the buttock feels a little bit tense.</li> </ul> <p><i>Advantages:</i></p> <ul style="list-style-type: none"> <li>• Substantial bend of the hip joint of the buttock,,</li> <li>• soothe the tight muscle of the buttock,</li> <li>• help in relieving low back pain.</li> </ul>	 <p><b>盤膝伸展</b></p> <p>步驟:</p> <ul style="list-style-type: none"> <li>• 一隻腳盤膝至另一隻腳上</li> <li>• 稍微傾前上身，頸與腰保持直線</li> <li>• 持續直傾，直至臀部感到輕微拉扯</li> </ul> <p>好處:</p> <p>大幅彎曲臀部的髖關節，以舒緩繃緊的臀大肌，有助改善腰痛。</p>	<p><b>Picture e-message description:</b> <b>Breathing exercise</b></p> <ul style="list-style-type: none"> <li>• Promote relaxation</li> </ul>	<p>第一步：嘴閉氣閉，從鼻孔吸入空氣</p> <p>第二步：提起橫膈（抬高），慢慢呼氣，如同吹口哨</p>	<ul style="list-style-type: none"> <li>• To increase the participants' action self-efficacy</li> </ul>
<p>e-Message 19</p>	<p><b>Picture e-message description:</b> <b>Strengthening the knee muscles</b> <i>Procedure:</i></p> <ul style="list-style-type: none"> <li>• Hold the chair with both arms, raise the legs</li> <li>• Keep the legs up in the air, keep the posture.</li> </ul> <p><i>Advantages:</i></p> <ul style="list-style-type: none"> <li>• Legs raised when sitting can train muscles of the abdomen (rectus abdominis) and the thigh (quadriceps).</li> <li>• Strengthen the knee muscles; it can reduce falls</li> </ul>	 <p><b>強化膝部肌肉的好處</b></p> <ul style="list-style-type: none"> <li>• 坐椅抬腿動作可鍛鍊腹部肌肉（腹直肌）及大腿肌肉（四頭肌）。</li> </ul> <p>步驟:</p> <ul style="list-style-type: none"> <li>• 雙手扶椅，抬起雙腿</li> <li>• 保持雙腿離地，盡力維持動作。</li> </ul> <p>強化膝部肌肉，可減少跌倒機會。</p>	<p><b>Picture e-message description:</b> <b>Healthy eating</b></p> <ul style="list-style-type: none"> <li>• Low-calorie ham macaroni soup (restaurant food).</li> </ul>	<p>茶餐廳食品—粟米意粉</p>  <p>每100克中有126千卡熱量</p>	<ul style="list-style-type: none"> <li>• To increase the participants' action self-efficacy</li> </ul>
<p>e-Message 20</p>	<p><b>Picture e-message description:</b> <b>Small Knee Bend</b> <i>Procedure:</i></p> <ul style="list-style-type: none"> <li>• Slightly bend the knees while standing, with the upper part of the body remaining upright.</li> <li>• Note: the knees should not go beyond the tips of the toes.</li> </ul>	 <p><b>小馬步</b></p> <p>步驟:</p> <ul style="list-style-type: none"> <li>• 站立時稍微屈曲膝關節，上身保持挺直</li> <li>• 注意：膝頭不可過腳尖</li> </ul>	<p><b>Picture e-message description:</b> <b>Healthy eating</b></p> <ul style="list-style-type: none"> <li>• Compare the sugar level of kiwifruit and grapes.</li> </ul>	<p>猜猜哪種水果糖分比較高？(4)</p> 	<ul style="list-style-type: none"> <li>• To increase the participants' action self-efficacy</li> </ul>

<p>e-Message 21</p>	<p><b>Picture e-message description:</b> <b>Standing on Tiptoe</b></p> <ul style="list-style-type: none"> <li>The balancing power needs the coordination of various body systems, including muscles, the visual, nervous system and inner ear.</li> <li>The balancing power will decrease as age increases.</li> </ul> <p><b>Advantages:</b> Standing on tiptoe can train the muscles of the ankle and the calf. It can also prevent varicose veins.</p>		<p><b>Picture e-message description:</b> <b>Breathing exercise</b></p> <ul style="list-style-type: none"> <li>Promote relaxation</li> </ul>		<ul style="list-style-type: none"> <li>To increase the participants' action self-efficacy</li> </ul>
<p>e-Message 22</p>	<p><b>Picture e-message description:</b> (same as e-message 16)</p>		<p><b>Picture e-message description:</b> <b>Healthy eating</b></p> <ul style="list-style-type: none"> <li>Compare the sugar level of red bean ice drink, lemon ice tea and ice bubble milk tea.</li> </ul>		<ul style="list-style-type: none"> <li>To increase the participants' action self-efficacy</li> </ul>
<p><b>Week 7 to week 12</b></p>					
<p>e-Message 23</p>	<p><b>Picture e-message description:</b> (same as e-message 1)</p>		<p><b>Picture e-message description:</b> <b>Healthy eating</b></p> <ul style="list-style-type: none"> <li>Chinese soup with the recipe.</li> </ul>		<ul style="list-style-type: none"> <li>To motivate the participants to perform taught behaviors.</li> </ul>
<p>e-Message 24</p>	<p><b>Picture e-message description:</b> (same as e-message 4)</p>		<p><b>Picture e-message description:</b> <b>Healthy eating</b></p> <ul style="list-style-type: none"> <li>Compare the sugar level of hot coffee and milk tea.</li> </ul>		<ul style="list-style-type: none"> <li>To increase the participants' action self-efficacy</li> </ul>

<p>e-Message 25</p>	<p><b>Picture e-message description:</b> <b>Weightlifting Test</b></p> <ul style="list-style-type: none"> <li>Mimic the action of rope skipping, skip in place. Keep a good breathing rhythm.</li> <li>Record the number of weightlifting tests in 20 seconds; use seconds as the unit.</li> </ul>	<p><b>舉重測試</b></p>  <p>1. 模仿跳繩動作，原地跳繩，注意保持呼吸節奏；</p> <p>2. 記錄在20秒內舉重測試的次數，以[次數]為單位</p>	<p><b>Picture e-message description:</b> <b>Breathing exercise</b></p> <ul style="list-style-type: none"> <li>Promote relaxation</li> </ul>	<p><b>呼吸運動</b></p>  <p><a href="https://iknews.cuhk.edu.hk/health/fitness/8.html">https://iknews.cuhk.edu.hk/health/fitness/8.html</a></p>	<ul style="list-style-type: none"> <li>To increase the participants' action self-efficacy</li> </ul>
<p>e-Message 26</p>	<p><b>Picture e-message description:</b> <b>Straight Arm Raise</b></p> <p><i>Procedure:</i></p> <ul style="list-style-type: none"> <li>Raise both arms until they form a straight line with the shoulders (beginning position).</li> <li>Raise both arms until they are perpendicular to the shoulders, and stretch your arms (ending position).</li> </ul> <p><i>Advantages:</i></p> <ul style="list-style-type: none"> <li>Train upper arm and back muscles.</li> </ul>	<p><b>水平提手</b></p>  <p><b>步驟:</b></p> <ul style="list-style-type: none"> <li>雙臂抬起至肩膀水平(開始位置)；</li> <li>雙臂向天高舉至伸直(完結位置)</li> </ul> <p><b>好處:</b> 鍛鍊上臂及肩背肌肉。</p>	<p><b>Picture e-message description:</b> <b>Unhealthy eating</b></p> <ul style="list-style-type: none"> <li>High calorie, salt and fat fried noodle (restaurant food).</li> </ul>	<p><b>謹慎食用</b> 食物: 低營養素、高熱量、鹽份、油、糖</p> <p><b>干燒伊麵</b></p> <p>伊麵經過油炸，含脂肪較高 ↓ 以麵粉、米粉、米糠或意大利粉為取代</p> <p>每碗伊麵 約1000千卡 1000千卡</p>	<ul style="list-style-type: none"> <li>To increase the participants' action self-efficacy</li> </ul>
<p>e-Message 27</p>	<p><b>Picture e-message description:</b> <b>Missing Chair against the Wall</b></p> <p><i>Procedure:</i></p> <ul style="list-style-type: none"> <li>With your back against the wall, hands at the two sides, keep the posture.</li> </ul> <p><i>Advantages:</i></p> <ul style="list-style-type: none"> <li>As long as there is no inflammation or pain in the joint, doing exercise is the best prescription for protecting the knee joint and strengthening bone density.</li> </ul>	<p><b>靠牆無影椅</b></p>  <p><b>步驟:</b></p> <ul style="list-style-type: none"> <li>背靠牆壁，手放兩邊，盡力維持動作。</li> </ul> <p><b>好處:</b> 只要關節沒有發炎腫痛，運動是保養膝關節及強化骨質密度的最有效處方。</p>	<p><b>Picture e-message description:</b> <b>Unhealthy eating</b></p> <ul style="list-style-type: none"> <li>High calorie, salt and fat roast pork rice (restaurant food).</li> </ul>	<p><b>謹慎食用</b> 食物: 低營養素、高熱量、鹽份、油、糖</p> <p><b>蜜汁叉燒飯</b></p> <p>每100克薯中有480千卡熱量 每100克調味汁中有83千卡熱量 ↓ 記得去皮、去脂肪、果汁、去糖漿</p> <p>每100克中約 210千卡熱量</p>	<ul style="list-style-type: none"> <li>To increase the participants' action self-efficacy.</li> </ul>
<p>e-Message 28</p>	<p><b>Picture e-message description:</b> (same as e-message 7)</p>	<p><b>拿購物袋時不靠近身體</b></p> 	<p><b>Picture e-message description:</b> <b>Healthy eating</b></p> <ul style="list-style-type: none"> <li>Serving food portion sizes promotes plant-based proteins.</li> </ul>	<p><b>健康飲食習慣</b></p>  <p><a href="https://www2008040808.com/health">https://www2008040808.com/health</a></p>	<ul style="list-style-type: none"> <li>To increase the participants' action self-efficacy</li> </ul>

**Remarks** A brief description of the contents for the control group is included herein. Full English translation will be provided upon request.