

SDC Supplemental Table A. Results of multiple linear regression investigating the cross-sectional association between daily composition of time spent on movement behaviors (expressed as *ilr*-coordinates) and systolic blood pressure among 827 workers.

| term | Systolic BP | | | | Diastolic BP | | | |
|----------------|--------------|-------------|--------------|--------------|--------------|-----------|---------|------|
| | B (mmHg) | Std Error | t value | P | B (mmHg) | Std Error | t value | P |
| ilr sedentary* | 4.90 | 1.96 | 2.50 | 0.01 | 1.63 | 1.37 | 1.18 | 0.24 |
| ilr LPA | 3.32 | 2.00 | 1.66 | 0.10 | -0.01 | 1.41 | 0.00 | 1.00 |
| ilr MVPA | -2.54 | 1.64 | -1.55 | 0.12 | -0.02 | 1.15 | -0.01 | 0.99 |
| ilr bedtime | -5.68 | 2.86 | -1.98 | 0.05* | -1.61 | 2.01 | -0.80 | 0.42 |

The results in bold are significant ($P < 0.05$); *the actually P value is 0.047 (ie., < 0.05) which was rounded to two decimal points; *This ilr coordinate includes sedentary time as the numerator, (representing sedentary time relative to the geometric mean of the remaining day) and corresponding beta coefficients (B) represent the change in the outcome when sedentary time is increased/decreased, while the geometric mean of the remaining time-use in movement behaviors is accordingly decreased/increased to compensate. Remaining ilr coordinates can be interpreted similarly.