

SDC Table 1. Inclusion and exclusion criteria

	STAND-UP	ACUTE	FIT2SIT	ARMING HEALTH
INCLUSION				
Aged 25-55 years			X	
Aged 50-75 years		X		
Aged 65-79 years	X			
Aged 30-75 years				X
Overweight or obese (BMI $\geq 27.5\text{kg/m}^2$ or $\geq 25\text{kg/m}^2$ if south Asian)		X		X
BMI $< 30\text{kg/m}^2$			X	
Screen detected impaired glucose regulation		X		X
Post-menopausal		X		
Able to walk	X	X	X	
Ability to communicate in and understand English and to provide informed consent.	X	X	X	X
EXCLUSION				
Undertaking regular purposeful exercise (≥ 150 minutes of moderate or ≥ 75 minutes of vigorous exercise per week)	X	X	X	X
Known type 2 diabetes	X	X	X	X
Known cardiovascular disease	X		X	X
Steroid use	X	X	X	X
Glucose lowering medication use	X	X	X	X
Regular smoking habit			X	X
Pregnancy			X	X
Psychotic illness	X	X	X	X
Psychological or neurological condition which limits participation in the study	X	X	X	X
Hormone replacement medication		X		