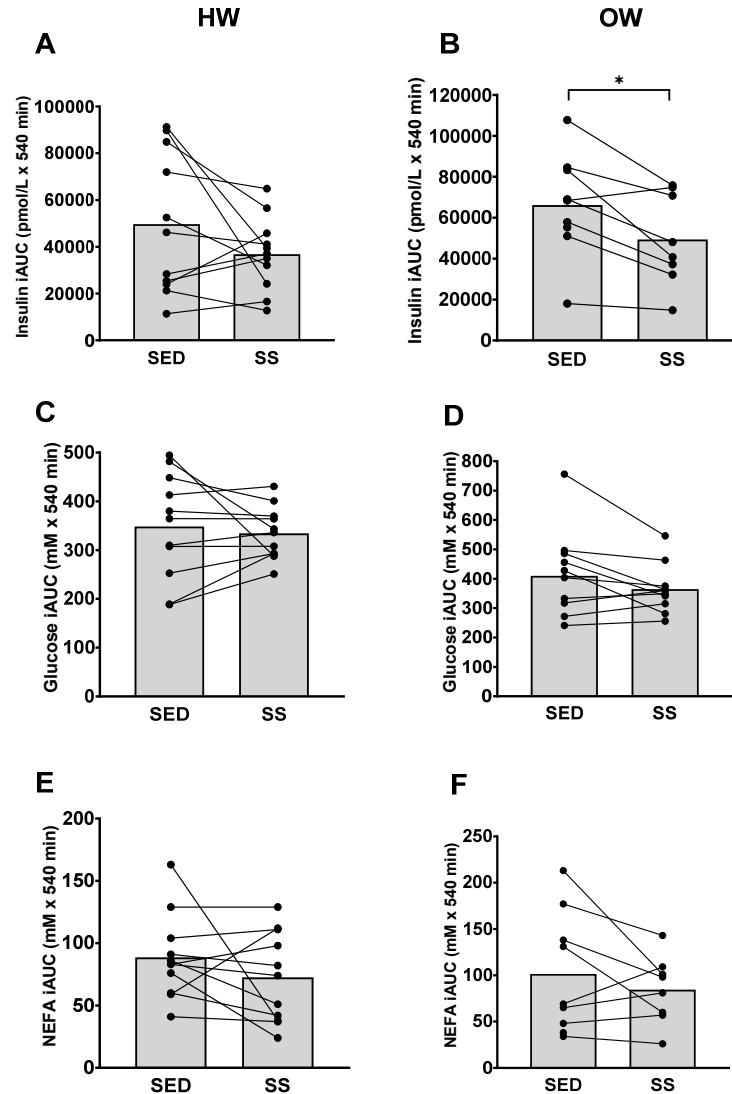


Supplemental Figure 1. Incremental area under the curve (iAUC) analyses in young healthy weight men (left) or adults with overweight/obesity (right).



Nine-hour incremental area under the curve for (A, B) Insulin, (C, D) glucose, and (E, F) NEFA. Participants were sedentary for 9 h with three identical meals (SED) or performed 15-30 seconds of stair climbing “snacks” every hour (SS) with the same meals provided at 0, 180, and 360 minutes. * $P < 0.05$ t test was used to compare iAUCs between the conditions within each group.