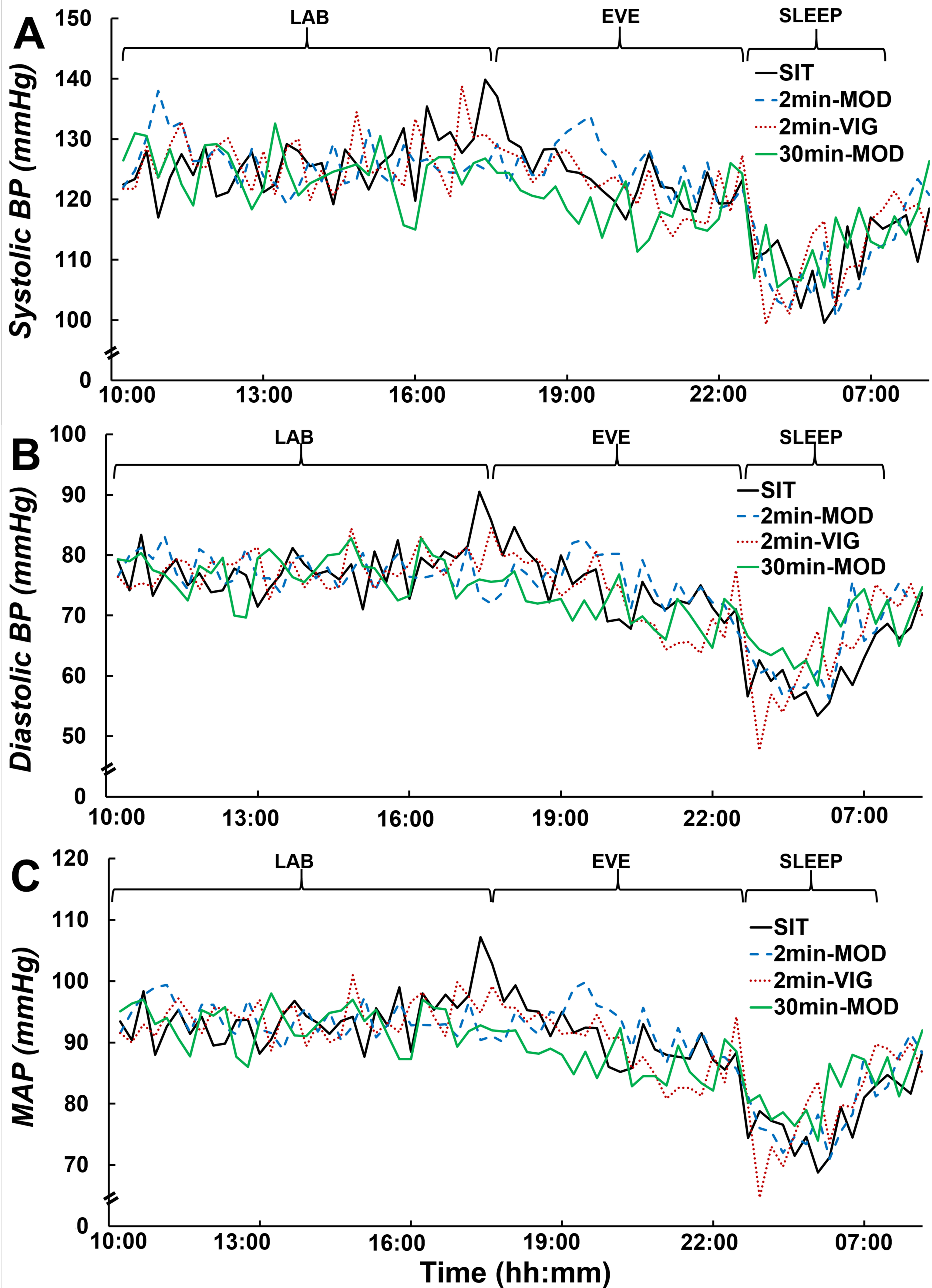




Supplemental Digital Content 1: Mean systolic blood pressure (BP), diastolic BP and mean arterial pressure for 30 min of moderate-intensity steady state walking (30min-MOD), 2-min moderate-intensity walking bouts every 20 min (2min-MOD), 2-min high-intensity walking bouts every h (2min-VIG) and the prolonged sitting trial (SIT). See text and Table 3 for details and statistical comparisons.