**SUPPLEMENTAL DIGITAL CONTENT 2**

**Table S-2:** Physical activity data before each experimental condition

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Mean ± SD | | | | | | |
|  | **No. days accelerometer worn** | **Wear time**  **(mins)** | **Sedentary (mins)** | **MVPA**  **(mins)** | **Light activity (mins)** | **Steps** | **Movement counts** |
| **2 days prior to sitting condition**  (n=8) | 2 | 707 ±  148 | 483 ± 106 | 6 ± 8 | 215 ± 89 | 4002 ± 2503 | 130343 ±  84488 |
| **2 days prior to light breaks condition**  (n=8) | 2 | 779 ± 106 | 498 ± 101 | 8 ± 6 | 273 ± 41 | 5020 ± 1454 | 153823 ± 42594 |