**SUPPLEMENTAL DIGITAL CONTENT 3**

**Table S-3:** ActivPAL results during each experimental condition

|  |  |
| --- | --- |
|  | **Average hours ± SD** |
|  | **Sitting** | **Standing**  | **Walking**  |
| **Sitting condition** | 7.9 ± 0.3 | 0.1 ± 0.1 | 0.00 ± 0.01 |
| **Light breaks condition** | 6.6 ± 0.5 | 0.2 ± 0.1 | 1.1 ± 0.02 |