

Supplemental Digital Content 1. Energy expenditure, productivity, and average self-reported pain and fatigue stratified by standing desk usage.

Variable	Non-Standing Desk User <i>n</i> = 17			Current Standing Desk User <i>n</i> = 13		
	SIT	STAND	BOARD	SIT	STAND	BOARD
Energy Expenditure						
$\dot{V}E$ (L·min ⁻¹)	8.23 ± 1.59	9.11 ± 1.87	9.43 ± 1.78	7.58 ± 1.49	8.82 ± 1.70	8.94 ± 1.97
$\dot{V}CO_2$ (L·min ⁻¹)	0.22 ± 0.04	0.24 ± 0.05	0.25 ± 0.05	0.21 ± 0.04	0.24 ± 0.04	0.25 ± 0.05
$\dot{V}O_2$ (L·min ⁻¹)	0.27 ± 0.05	0.30 ± 0.06	0.31 ± 0.06	0.25 ± 0.04	0.29 ± 0.05	0.30 ± 0.06
$\dot{V}O_2$ (mL·kg ⁻¹ ·min ⁻¹)	3.54 ± 0.50	3.91 ± 0.44	4.10 ± 0.51	3.15 ± 0.50	3.59 ± 0.48	3.71 ± 0.49
$\dot{V}O_2$ (mL·kgFFM ⁻¹ ·min ⁻¹)	4.79 ± 0.45	5.30 ± 0.49	5.57 ± 0.68	4.74 ± 0.60	5.43 ± 0.61	5.61 ± 0.77
RER	0.83 ± 0.03	0.82 ± 0.03	0.82 ± 0.03	0.83 ± 0.03	0.82 ± 0.04	0.82 ± 0.03
HR (bpm)	66 ± 9	75 ± 13	76 ± 12	69 ± 8	77 ± 7	76 ± 9
EE (kcal·min ⁻¹)	1.30 ± 0.23	1.43 ± 0.28	1.50 ± 0.29	1.23 ± 0.22	1.40 ± 0.24	1.45 ± 0.29
EE (kcal·kg ⁻¹ ·min ⁻¹)	0.017 ± 0.002	0.019 ± 0.002	0.020 ± 0.002	0.015 ± 0.002	0.017 ± 0.002	0.018 ± 0.002
EE (kcal·kgFFM ⁻¹ ·min ⁻¹)	0.023 ± 0.002	0.026 ± 0.002	0.027 ± 0.003	0.023 ± 0.003	0.026 ± 0.003	0.027 ± 0.004
Productivity						
Words per minute	52.35 ± 13.61	53.24 ± 13.80	53.35 ± 12.31	51.23 ± 14.90	51.31 ± 15.22	51.84 ± 13.35
Accuracy (%)	82.00 ± 8.93	82.82 ± 7.95	82.65 ± 9.82	82.23 ± 10.59	82.08 ± 8.48	83.31 ± 7.00
Mistakes*	394 ± 193	370 ± 182	378 ± 220	347 ± 161	387 ± 185	358 ± 159
Average Fatigue (cm)	1.97 ± 1.79	1.99 ± 1.53	1.48 ± 0.77	2.96 ± 2.86	2.28 ± 1.87	2.13 ± 1.89
Average Pain (cm)	1.02 ± 1.18	1.42 ± 1.38	1.00 ± 0.71	1.10 ± 1.73	1.14 ± 1.13	1.23 ± 1.24

$\dot{V}E$, ventilation; $\dot{V}CO_2$, volume of carbon dioxide expired; $\dot{V}O_2$, volume of oxygen consumed; RER, respiratory exchange ratio; HR, heart rate; EE, energy expenditure. Data are presented as mean ± SD.

*Statistically significant condition by standing desk use interaction, $P < 0.05$.