**Supplemental Digital Content - Table 1.** Changes in accelerometry-derived physical activity, sedentary and sleep times (12 weeks to 24 weeks) in the lower and higher intensity PA groups compared to control in the BC-PAL pilot study, Calgary, Alberta, Canada, 2017-2018.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Outcome measure**  | **12 weeks**M (SD) | **24 weeks**M (SD) | **Adjusted Mean Change a**M (95% CI) | *P* value b | *P* value c | **LS Adjusted Group Differences a**M (95% CI) | *P* value d |
| Total PA time e (min/day) Control (n = 12) Lower intensity PA (n = 14) Higher intensity PA (n = 12)  |  336 (90)414 (96)372 (66) | 318 (96)372 (84)348 (84) | -30 (-72, 12)-30 (-66, 6)-24 (-60, 18) | 0.150.120.24 | 0.96 | -0.6 (-60, 54)6 (-48, 60) | 0.990.82 |
| Moderate-vigorous intensity PA time (min/day)  Control (n = 12) Lower intensity PA (n = 14) Higher intensity PA (n = 12) | 90 (48)138 (36)120 (48) | 84 (54)120 (48)108 (36) | -18 (-42, 6)-12 (-30, 12)-6 (-30, 12) | 0.120.310.53 | 0.78 | 6 (-24, 36)12 (-18, 42) | 0.660.48 |
| Light intensity activity time (min/day)  Control (n = 12)  Lower intensity PA (n = 14) Higher intensity PA (n = 12) | 246 (66)276 (78)252 (42) | 234 (66)252 (60)240 (60) | -12 (-42, 12)-18 (-42, 6)-18 (-42, 12) | 0.340.160.22 | 0.96 | -6 (-42, 30)-6 (-42, 36) | 0.790.85 |
| Sedentary time (min/day) Control (n = 12)  Lower intensity PA (n = 14) Higher intensity PA (n = 12) | 594 (102)534 (72)582 (78) | 564 (60)576 (66)576 (108) | -12 (-54, 30)24 (-18, 60)-0.6 (-42, 42) | 0.510.260.97 | 0.46 | 36 (-24, 96)12 (-48, 72) | 0.220.66 |
| Sleep time (min/day) Control (n = 11)  Lower intensity PA (n = 14) Higher intensity PA (n = 12) | 468 (102)432 (108)462 (84) | 528 (102)468 (108)492 (138) | 54 (-1.2, 108)30 (-18, 78)30 (-24, 84) | 0.060.210.25 | 0.78 | -24 (-96, 48)-24 (-96, 54) | 0.530.53 |

**Note:** CI, confidence interval; min, minutes; LS, least-squares; M, mean; PA, physical activity; SD, standard deviation.

a Within-group mean changes and least squares groups differences are calculated based on the generalized linear model: Change (24 weeks – 12 weeks) = β0 + β1 x group (lower) + β2 x group (higher) + β3 x outcome variable at 12-weeks.

b *P* value for the test of significance for the null hypothesis that the 12-week-adjusted mean change in the outcome variable across time equals 0.

c *P* value for the test of significance for the null hypothesis that the 12-week-adjusted group means in the control, lower and higher intensity PA groups are all equal.

d *P* values for the tests of significance for the null hypothesis that the LS group differences between the control and lower intensity PA group, and the control and higher intensity PA group, equal 0.

e Total PA time includes light and moderate-vigorous intensity PA time.