**Supplemental Table 2:** Associations of changes in the composition of waking hours and all daily time with concurrent 3-month (3M) and 12-month (12M) changes in cardio-metabolic risk biomarkers (n=136 intervention participants) **a**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **n** | **“Other” vs sitting, standing & stepping** b | **(Sitting vs standing & stepping)**c | **Standing vs stepping** d |
|  | **β** | **p** | **-β**  | **p** | **β** | **p** |
| **p<0.05** |  |  |  |  |  |  |  |
| Systolic BP, mmHg (12 M) | 82 | - | - | -0.28 [0.43] | 0.512 | 0.51 [0.59] | 0.386 |
| **1.39 [0.65]** | **0.035** | 0.11 [0.46] | 0.818 | 0.29 [0.58] | 0.623 |
| Triglycerides, mmol/L (3M) | 119 | - | - | -0.21 [0.26] | 0.428 | *0.59 [0.33]* | *0.073* |
| **1.00 [0.50]** | **0.045** | 0.10 [0.30] | 0.735 | 0.47 [0.33] | 0.159 |
| HDL cholesterol, mmol/L (3M) | 119 | - | - | -0.16 [0.18] | 0.378 | 0.14 [0.24] | 0.564 |
| **-0.73 [0.35]** | **0.038** | *-0.35 [0.20]* | *0.079* | 0.19 [0.23] | 0.424 |
| HOMA-%S (3M) | 105 | - | - | 0.26 [0.32] | 0.408 | -0.89 [0.40] | **0.030** |
| **-1.64 [0.63]** | **0.011** | -0.17 [0.39] | 0.639 | -0.79 [0.39] | **0.048** |
| **p<0.2** |  |  |  |  |  |  |  |
| HDL cholesterol, mmol/L (12M) | 96 | *-* | *-* | *0.35 [0.20]* | *0.085* | -0.25 [0.29] | 0.395 |
| *0.55 [0.34]* | *0.111* | **0.49 [0.22]** | **0.027** | -0.32 [0.29] | 0.276 |
| Insulin, µU/Ml (12M) | 86 | ***-*** | ***-*** | **-1.24 [0.51]** | **0.017** | **2.05 [0.74]** | **0.006** |
| *1.14 [0.79]* | *0.157* | -0.93 [0.55] | *0.091* | **1.94 [0.84]** | **0.010** |
| Triglycerides, mmol/L (12M) | 96 | - | - | **-0.65 [0.29]** | **0.030** | 0.36 [0.43] | 0.411 |
| -0.29 [0.50] | 0.566 | **-0.72 [0.32]** | **0.026** | 0.39 [0.44] | 0.378 |
| Body fat percentage, % (3M) | 120 | - | - | -0.07 [0.10] | 0.480 | 0.01 [0.13] | 0.916 |
| *0.27 [0.19]* | *0.166* | -0.01 [0.11] | 0.952 | 0.01 [0.13] | 0.943 |
| Glucose, mmol/L (3M) | 119 | *-* | *-* | -0.19 [0.18] | 0.300 | -0.08 [0.23] | 0.737 |
| *0.52 [0.35]* | *0.140* | -0.05 [0.21] | 0.824 | -0.12 [0.23] | 0.603 |
| HOMA-%B (3M) | 105 |  |  | -0.18 [0.33] | 0.588 | 1.09 [0.42] | **0.011** |
| *1.00 [0.67]* | *0.142* | 0.10 [0.39] | 0.794 | 1.01 [0.42] | **0.019** |

a Only the outcomes with a p<0.2 association with the component of “other time” versus all waking activities.

b

c  Coefficient is presented reversed to reflect reducing sitting’s contribution to waking hours.

d