

SDC Table 1. Inclusion and exclusion criteria

|  | STAND-UP | ACUTE | FIT2SIT | ARMING HEALTH |
|--|----------|-------|---------|---------------|
| <b>INCLUSION</b>   |          |       |         |               |
| Aged 25-55 years   |          |       | X       |               |
| Aged 50-75 years   |          | X     |         |               |
| Aged 65-79 years   | X        |       |         |               |
| Aged 30-75 years   |          |       |         | X             |
| Overweight or obese (BMI $\geq 27.5\text{kg/m}^2$ or $\geq 25\text{kg/m}^2$ if south Asian)                                  |          | X     |         | X             |
| BMI $< 30\text{kg/m}^2$  |          |       | X       |               |
| Screen detected impaired glucose regulation  |          | X     |         | X             |
| Post-menopausal  |          | X     |         |               |
| Able to walk   | X        | X     | X       |               |
| Ability to communicate in and understand English and to provide informed consent.  | X        | X     | X       | X             |
| <b>EXCLUSION</b>   |          |       |         |               |
| Undertaking regular purposeful exercise ( $\geq 150$ minutes of moderate or $\geq 75$ minutes of vigorous exercise per week) | X        | X     | X       | X             |
| Known type 2 diabetes  | X        | X     | X       | X             |
| Known cardiovascular disease   | X        |       | X       | X             |
| Steroid use  | X        | X     | X       | X             |
| Glucose lowering medication use  | X        | X     | X       | X             |
| Regular smoking habit  |          |       | X       | X             |
| Pregnancy  |          |       | X       | X             |
| Psychotic illness  | X        | X     | X       | X             |
| Psychological or neurological condition which limits participation in the study  | X        | X     | X       | X             |
| Hormone replacement medication   |          | X     |         |               |