

SDC Table 3. Stratified analysis for insulin and glucose responses during each treatment condition

		Insulin (mU/L)				Glucose (mmol/L)		
		Sitting	Standing	Light Physical Activity		Sitting	Standing	Light Physical Activity
BMI	BMI <27.2kg/m ²	45.0 (40.2, 49.8)	53.6 (44.8, 62.5)	36.8 (33.6, 40.0)**	5.8 (5.5, 6.1)	5.9 (5.6, 6.2)	5.6 (5.3, 5.9)*	
	BMI ≥27.2kg/m ²	91.6 (76.9, 106.3)	96.4 (77.5, 115.3)	70.7 (59.5, 89.1)**	6.0 (5.7, 6.3)	5.8 (5.5, 6.1)	5.6 (5.3, 5.9)**	
Sex	Male	68.7 (62.1, 75.3)	78.5 (67.4, 89.5)	56.6 (50.6, 62.5)**	5.9 (5.7, 6.1)	5.9 (5.5, 6.1)	5.8 (5.6, 6.0)	
	Female	71.2 (64.4, 77.9)	73.4 (65.2, 81.7)	56.1 (50.5, 61.8)**	5.9 (5.6, 6.1)	5.8 (5.5, 6.1)	5.5 (5.3, 5.7)**	
Ethnicity	White European	60.5 (54.3, 66.8)	63.7 (55.9, 71.4)	52.3 (47.0, 57.7)**	-	-	-	
	South Asian	79.3 (71.3, 87.4)	88.3 (75.5, 101.0)	60.4 (53.2, 67.6)**	-	-	-	

- Covariates to derive the estimated marginal means for sex and ethnicity were fixed at the following values: Age=63.3years; HOMA-IR=2.35; BMI=27.7kg/m².

- For BMI <27.2kg/m², the covariates to derive the estimated marginal means were fixed at the following values: Age=61.4years; HOMA-IR=1.69; BMI=24.0 kg/m².

- For BMI ≥27.2kg/m², the covariates to derive the estimated marginal means were fixed at the following values: Age=65.1years; HOMA-IR=3.00; BMI=31.4 kg/m².

**p=<0.001, *p=<0.05 compared to the prolonged sitting. Values displayed as time-averaged response (95% CI).