

SUPPLEMENTARY MATERIAL 2

Table: Actigraph derived physical activity information in prostate cancer patients over the 6-week control period and 12-week exercise and nutrition intervention.

Variable N = 7 ^a	Baseline	Pre-intervention	Mid-intervention	Post-intervention	P-value
Waking wear time (h/day)	15.2 ± 1.7	15.7 ± 1.7	15.5 ± 0.9	15.2 ± 0.7	0.759
Sedentary behaviour (< 100 cpm)					
Average time (h/day)	10.9 ± 1.8	10.3 ± 2.6	10.8 ± 1.8	9.9 ± 0.7	0.327
Time spent in SB (% wake hours)	71.5 ± 8.8	68.4 ± 9.5	69.8 ± 9.1	64.9 ± 5.3	0.110
Number of bouts ≥30min per day	5.0 [3.0 – 7.0]	5.0 [3.5 – 7.0]	5.3 [4.7 – 6.7]	4.7 [3.0 -5.0]	0.286
Average time in bouts ≥30min (h/day)	4.6 ± 1.8	4.1 ± 1.9	4.6 ± 1.2	3.3 ± 1.1	0.193
Light physical activity (100-1951 cpm)					
Average time (h/day)	4.2 ± 1.2	4.6 ± 1.5	4.4 ± 1.2	5.3 ± 0.9	0.185
Time spent in LPA (% wake hours)	28.0 ± 8.6	31.1 ± 9.3	28.8 ± 8.4	34.5 ± 5.3	0.083
Number of bouts ≥30min per day	0.3 [0.0 – 1.0]	1.0 [0.0 -1.3]	0.7 [0.3 -1.0]	1.0 [0.0 – 1.7]	0.676
Moderate-vigorous physical activity (≥ 1952 cpm)					
Average time (min/day)	2.7 [0.7 – 10.3]	3.0 [2.0 – 5.0]	8.7 [3.3 – 27.7]	4.0 [3.0 - 11.0]	0.054
Time spent in MVPA (% wake hours)	0.3 [0.1 – 1.3]	0.3 [0.2 – 0.5]	0.9 [0.4 -3.0]	0.5 [0.3 – 1.1]	0.054

Values are the mean ± SD or median [IQR].

^a Complete data for only n = 7 patients was available. cpm = counts per minute; SB = sedentary behaviour; LPA = light physical activity; MVPA = moderate-vigorous physical activity.