**Table, SDC 6, Sedentary behavior characteristics of wave 1.0 before (T1) and after (T2) 16-week reduced sitting intervention.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Sedentary behavior characteristics | | T1 | T2 | P-value |
|  | Sedentary time (hours/day) | 10.3±0.5 | 10.2±0.5 | 0.87 |
|  | Standing time (hours/day) | 3.5±0.3 | 3.6±0.3 | 0.53 |
|  | Walking time (hours/day) | 1.6±0.2 | 1.5±0.2 | 0.35 |
|  | Steps (n/day) | 7,342±771 | 6,803±771 | 0.46 |

N=9. Data are reported as mean±SEM.