**Supplemental Content 4. Comparison of non-exercise physical activity parameters during dietary restriction (DIET) and aerobic exercise (AEX) interventions**

*Purcell et al. 2022; Diet versus Exercise in Obesity*

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| **ActivPAL parameter** | **DIET** | | ***P*, within DIET group** | **AEX** | | ***P*, within EX group** | ***P,* between groups, baseline** | ***P,* between groups, follow-up** | ***P*, group x time** |
|  | **Baseline**  **N=17** | **Follow-up**  **N=15** | **Baseline**  **N=22** | **Follow-up**  **N=10** |
| Steps, average/day | 3976 ± 1042 | 4052 ± 1068 | 0.928 | 3856 ± 907 | 3867 ± 867 | 0.658 | 0.715 | 0.559 | 0.783 |
| Sedentary bouts, count/d | 55.4 ± 11.0 | 55.6 ± 13.0 | 0.978 | 57.4 ± 15.8 | 56.1 ± 15.4 | 0.533 | 0.661 | 0.939 | 0.650 |
| Sedentary bouts >60 min, min/d | 118 ± 58 | 140 ± 86 | 0.182 | 155 ± 74 | 104 ± 49 | 0.383 | 0.128 | 0.658 | 0.127 |
| Sedentary time, % | 60.3 ± 11.0 | 62.8 ± 10.6 | 0.111 | 61.7 ± 8.3 | 60.1 ± 5.6 | 0.928 | 0.641 | 0.604 | 0.272 |
| Standing, % | 29.0 ± 9.5 | 26.5 ± 9.1 | 0.065 | 28.1 ± 7.5 | 28.6 ± 5.2 | 0.985 | 0.754 | 0.487 | 0.242 |
| LPA, % | 4.4 ± 1.6 | 4.2 ± 1.5 | 0.278 | 4.2 ± 1.7 | 4.6 ± 1.3 | 0.591 | 0.549 | 0.585 | 0.265 |
| MVPA, % | 6.3 ± 1.7 | 6.5 ± 1.8 | 0.900 | 6.0 ± 1.6 | 6.6 ± 1.5 | 0.618 | 0.535 | 0.831 | 0.769 |

Values presented as mean ± standard deviation. LPA: light physical activity. MVPA: moderate-to-vigorous physical activity. P-values were attained from group x time interaction via linear mixed model analyses. %: percent of waking hours