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| **Supplemental Content 3.** Participant characteristics. |
|  | **Office-based (*n*=180)** | **Home-based (*n*=91)** |
| **Demographics** | **Mean (SD) or *n* (%)** | **Mean (SD) or *n* (%)** |
| Age, years | 46.0 (±11.9) | 43.4 (±10.9) |
| BMI, kg/m² | 30.7 (±7.1) | 30.5 (±7.1) |
| Gender |  |  |
|  Male | 69 (38.3%) | 40 (44.0%) |
|  Female | 110 (61.1%) | 51 (56.0%) |
|  Other | 1 (0.6%) |  |
| Race |  |  |
|  White/Caucasian | 149 (82.8%) | 77 (84.6%) |
|  Black/African American | 13 (7.2%) | 9 (9.9%) |
|  Other | 18 (10.0%) | 5 (5.5%) |
| Education Level |  |  |
|  High school graduate or GED | 3 (1.7%) |  |
|  Vocational or training school after high school | 4 (2.2%) |  |
|  Some College or associate degree | 27 (15.0%) | 8 (8.8%) |
|  College graduate or baccalaureate degree | 66 (36.7%) | 38 (41.8%) |
|  Masters or doctoral degree (PhD, MD, etc) | 80 (44.4%) | 45 (49.5%) |
|  |  |  |
| **Work variables** |  |  |
| Job sector |  |  |
|  Academia | 114 (63.3%) | 28 (30.8%) |
|  Industry | 55 (30.6%) | 52 (57.1%) |
|  Government  | 11 (6.1%) | 11 (12.1%) |
| Job type |  |  |
|  Sales or service | 9 (5.0%) | 9 (9.9%) |
|  Clerical or administrative support | 51 (28.5%) | 12 (13.2%) |
|  Professional, managerial, or technical | 109 (60.9%) | 62 (68.1%) |
|  Other | 10 (5.6%) | 8 (8.8%) |
|  |  |  |
| **Activity levels during working hours** |  |  |
| SB, minutes per day | 393.4 (±78.9) | 405.4 (±94.9) |
| SB30, minutes per day | 226.7 (±101.4) | 262.7 (±113.4) |
| SB60, minutes per day | 111.3 (±89.5) | 151.5 (±99.8) |
| Standing, minutes per day | 88.3 (±60.6) | 73.1 (±51.5) |
| Stepping minutes per day | 35.0 (±19.2) | 30.6 (±18.3) |
| Sit-to-stand transitions, per day | 26.6 (±10.7) | 24.0 (±10.9) |
| Total steps, per day | 3046.5 (±1703.0) | 2299.5 (±1394.4) |
| Total work time, per day (hours) | 8.6 (±1.2) | 8.5 (±1.4) |
| Workdays with monitor wear | 4.6 (±1.1) | 4.9 (±1.2) |
| BMI, body mass index; GED, General Educational Development Test; SD, standard deviation; SB, sedentary behavior; SB30, duration of time spent in bouts of sedentary behavior ≥30 minutes; SB60, duration of time spent in bouts of sedentary behavior ≥60 minutes. |