

Supplementary Table S1*Physical activity and sitting behaviours on workdays for participants with and without obesity based on BMI*

	Participants without obesity based on baseline BMI (BMI<30 kg/m ²)				Participants with obesity based on baseline BMI (BMI≥30 kg/m ²)			
	N=90				N=81			
Physical activity marker on workdays	Change from baseline (Mean (SD))		Intervention effect* (95% CI)	p-value	Change from baseline (Mean (SD))		Intervention effect* (95% CI)	p-value
	Intervention n=36	Control n=54			Intervention N=38	Control N=43		
Steps/ day	-907 (2679)	-243 (2040)	-558.66 (-1513.99, 396.67)	0.252	186 (2393)	-465 (1972)	929.32 (78.31, 1780.33)	0.032
Time spent sitting (min/ day)	19.27 (109.11)	15.48 (92.75)	20.16 (-4.20, 44.53)	0.105	-33.74 (78.26)	31.39 (75.5)	-44.98 (-68.48, -21.49)	<0.001
Sitting bouts >30min (min/ day)	22.00 (137.10)	10.56 (129.69)	3.59 (-41.83, 49.01)	0.877	-38.98 (107.13)	32.66 (82.20)	-61.80 (-96.21, -27.38)	<0.001
Time spent standing (min/ day)	-13.66 (57.44)	4.36 (59.12)	-11.29 (-31.45, 8.88)	0.273	2.04 (61.12)	-19.62 (45.09)	24.53 (4.45, 44.61)	0.017
Time spent stepping (min/ day)	-11.02 (29.76)	-2.46 (24.72)	-6.84 (-17.98, 4.30)	0.229	3.99 (25.96)	-6.21 (23.19)	13.36 (3.57, 23.16)	0.007
Sit to upright transitions (n)	1.16 (28.37)	-0.02 (13.68)	2.51 (-5.88, 10.90)	0.557	-0.61 (11.78)	-1.53 (15.07)	2.82 (-2.74, 8.38)	0.320
Time spent in MVPA (min/ day)	-1.60 (12.80)	-0.82 (7.26)	-0.74 (-4.38, 2.90)	0.690	0.25 (15.15)	-0.86 (9.22)	2.57 (-1.60, 6.75)	0.227
Time spent in LPA (min/ day)	-9.42 (26.97)	-1.65 (23.73)	-6.17 (-16.31, 3.98)	0.234	3.75 (21.42)	-5.35 (20.42)	11.23 (2.25, 20.22)	0.014

*Change in intervention relative to control adjusted for variable at baseline and change in valid waking wear time from baseline to 6 months follow-up, and cluster size category (Small <40; Large ≥40)

Abbreviation: CI= Confidence Interval; LPA= Light physical activity; MVPA= Moderate to vigorous physical activity; SD= Standard deviation

Supplementary Table S2

Physical activity and sitting behaviours on non-workdays for participants with and without obesity based on BMI

	Participants without obesity based on baseline BMI (BMI<30 kg/m ²)				Participants with obesity based on baseline BMI (BMI≥30 kg/m ²)			
	N=90				N=81			
Physical activity marker on non-workdays	Change from baseline (Mean (SD))		Intervention effect* (95% CI)	p-value	Change from baseline (Mean (SD))		Intervention effect* (95% CI)	p-value
	Intervention N=36	Control N=54			Intervention N=38	Control N=43		
Steps/ day	-555 (3308)	-1039 (5682)	1045.85 (-417.13, 2508.84)	0.161	781 (4299)	-2229 (3525)	2467.13 (1040.89, 3893.40)	0.001
Time spent sitting (min/ day)	11.20 (111.05)	12.05 (100.98)	12.23 (-19.80, 44.25)	0.454	-17.42 (133.50)	59.69 (117.12)	-86.81 (125.36, -48.25)	<0.001
Sitting bouts >30min (min/ day)	11.95 (121.88)	25.52 (123.56)	-0.02 (-42.11, 42.07)	0.999	-8.73 (111.24)	73.51 (154.39)	-92.64 (-139.75, -45.52)	<0.001
Time spent standing (min/ day)	-11.05 (60.50)	-4.41 (68.21)	-7.71 (-33.47, 18.05)	0.558	20.89 (98.33)	-36.56 (58.37)	58.59 (25.85, 91.34)	<0.001
Time spent stepping (min/ day)	-6.73 (37.34)	-9.07 (54.00)	7.36 (-8.29, 23.02)	0.357	7.99 (43.78)	-27.05 (39.68)	29.81 (14.67, 44.95)	<0.001
Sit to upright transitions (n)	1.31 (15.79)	0.74 (17.10)	1.20 (-5.24, 7.63)	0.716	-1.04 (14.04)	-5.53 (14.71)	2.074 (-2.42, 6.57)	0.366
Time spent in MVPA (min/ day)	-1.77 (18.49)	-8.17 (49.18)	9.85 (2.27, 17.43)	0.011	7.34 (31.29)	-2.65 (12.54)	9.17 (0.39, 17.95)	0.041
Time spent in LPA (min/ day)	-4.96 (29.55)	-0.90 (23.65)	-1.04 (-11.28, 9.20)	0.842	0.66 (27.85)	-24.40 (33.39)	20.38 (9.52, 31.23)	<0.001

*Change in intervention relative to control adjusted for variable at baseline and change in valid waking wear time from baseline to 6 months follow-up, and cluster size category (Small <40; Large ≥40)

Abbreviations: CI= Confidence Interval; LPA= Light physical activity; MVPA=Moderate to vigorous physical activity; SD= Standard deviation

Supplementary Table S3								
Physical activity and sitting behaviours measured across all valid days for participants with and without obesity based on Bodyfat %								
	Participants without obesity based on baseline bodyfat percentage (bodyfat % < 25%)				Participants with obesity based on baseline bodyfat percentage (bodyfat % ≥ 25%)			
	N=76				N=131			
Physical activity marker overall	Change from baseline (Mean (SD))		Intervention effect* (95% CI)	p-value	Change from baseline (Mean (SD))		Intervention effect* (95% CI)	p-value
	Intervention N=28	Control N=48			Intervention N=61	Control N=70		
Steps/ day	-812 (2444)	-277 (1396)	-238.54 (-1260.47, 783.39)	0.647	511 (3007)	-1030 (2456)	1516.78 (746.08, 2287.48)	<0.001
Time spent sitting (min/ day)	2.90 (62.44)	11.41 (85.44)	1.22 (-21.96, 24.40)	0.918	-15.96 (82.26)	27.76 (73.83)	-40.50 (-60.03, -20.97)	<0.001
Sitting bouts >30min (min/ day)	24.47 (79.05)	21.20 (98.25)	-3.20 (-38.95, 32.56)	0.861	-16.65 (90.30)	28.42 (88.39)	-50.73 (-74.95, -26.51)	<0.001
Time spent standing (min/ day)	-1.48 (32.95)	-3.49 (36.79)	2.26 (-14.07, 18.58)	0.786	3.05 (53.51)	-14.57 (36.48)	21.38 (6.53, 36.22)	0.005
Time spent stepping (min/ day)	-10.58 (27.86)	-3.29 (17.57)	-3.56 (-15.67, 8.55)	0.564	5.31 (31.28)	-12.10 (25.43)	18.12 (9.83, 26.41)	<0.001
Sit to upright transitions (n)	-5.37 (11.77)	-1.73 (10.56)	-0.768 (-5.46, 3.92)	0.748	1.71 (13.73)	-1.44 (13.13)	3.68 (-0.57, 7.92)	0.090
Time spent in MVPA (min/ day)	-0.76 (13.47)	-0.12 (6.64)	1.44 (-2.68, 5.56)	0.494	4.14 (20.93)	-3.97 (17.50)	6.76 (1.74, 11.77)	0.008
Time spent in LPA (min/ day)	-9.83 (24.80)	-3.17 (17.74)	-2.97 (-13.33, 7.40)	0.575	1.17 (23.09)	-8.13 (19.34)	11.04 (4.48, 17.61)	0.001

*Change in intervention relative to control adjusted for variable at baseline and change in valid waking wear time from baseline to 6 months follow-up, and cluster size category (Small <40; Large ≥40)

Abbreviations: CI= Confidence Interval; LPA= Light physical activity; MVPA=Moderate to vigorous physical activity; SD= Standard deviation

Supplementary Table S4								
Physical activity and sitting behaviours measured across all valid days for participants with and without obesity based on waist circumference								
	Participants without obesity based on baseline waist circumference (waist circumference < 102cm)				Participants with obesity based on baseline waist circumference (waist circumference ≥ 102cm)			
	N=94				N=113			
Physical activity marker overall	Change from baseline (Mean (SD))		Intervention effect* (95% CI)	p-value	Change from baseline (Mean (SD))		Intervention effect* (95% CI)	p-value
	Intervention N=42	Control N=52			Intervention N=47	Control N=66		
Steps/ day	-692 (2716)	-442 (2412)	288.11 (-689.56, 1265.78)	0.564	798 (2895)	-946 (1838)	1585.71 (791.93, 2379.49)	<0.001
Time spent sitting (min/ day)	-0.19 (58.18)	7.67 (87.38)	1.34 (-19.84, 22.51)	0.902	-18.82 (89.88)	31.70 (70.24)	-44.61 (-66.14, -23.07)	<0.001
Sitting bouts >30min (min/ day)	15.81 (71.71)	8.85 (107.71)	2.86 (-27.46, 33.18)	0.853	-21.16 (98.82)	38.59 (76.15)	-61.47 (-87.70, -35.25)	<0.001
Time spent standing (min/ day)	-4.30 (30.26)	-0.89 (37.10)	-1.69 (-16.54, 13.17)	0.824	6.92 (59.19)	-17.29 (35.27)	25.34 (8.46, 42.23)	0.003
Time spent stepping (min/ day)	-9.65 (27.84)	-5.42 (24.57)	0.45 (-9.93, 10.83)	0.932	9.21 (31.22)	-10.96 (21.34)	19.40 (10.53, 28.28)	<0.001
Sit to upright transitions (n)	-4.10 (10.39)	-1.44 (10.57)	-1.36 (-5.34, 2.61)	0.502	2.68 (15.16)	-1.66 (13.27)	4.95 (-0.14, 10.04)	0.056
Time spent in MVPA (min/ day)	0.96 (20.35)	-1.73 (16.82)	5.41 (-0.86, 11.68)	0.091	4.06 (17.73)	-2.94 (11.86)	5.40 (0.67, 10.13)	0.025
Time spent in LPA (min/ day)	-10.62 (22.53)	-3.69 (18.42)	-3.33 (-11.86, 5.21)	0.445	5.15 (23.13)	-8.02 (18.99)	13.45 (6.20, 20.70)	<0.001

*Change in intervention relative to control adjusted for variable at baseline and change in valid waking wear time from baseline to 6 months follow-up, and cluster size category (Small <40; Large ≥40)

Abbreviations: CI= Confidence Interval; LPA= Light physical activity; MVPA=Moderate to vigorous physical activity; SD= Standard deviation

Supplementary Table S5*Cardiometabolic and lifestyle secondary outcome changes from baseline to 6 months follow up in participants with and without obesity (based on bodyfat %)*

	Participants without obesity based on baseline bodyfat percentage (bodyfat % < 25%)				Participants with obesity based on baseline bodyfat percentage (bodyfat % ≥ 25%)			
	N=93				N=151			
Anthropometric measures	Change from baseline (Mean (SD))		Intervention effect* (95% CI)	p-value	Change from baseline (Mean (SD))		Intervention effect* (95% CI)	p-value
	Intervention N=34	Control N=58			Intervention N=67	Control N=84		
Body fat (%)	0.46 (1.65)	0.29 (2.11)	0.29 (-0.43, 1.00)	0.428	-0.64 (2.41)	-0.19 (1.92)	-0.53 (-1.22, 0.17)	0.141
Weight (kg)	-0.81 (3.63)	0.08 (4.22)	-0.74 (-2.28, 0.80)	0.346	-1.87 (5.83)	-0.34 (4.91)	-1.81 (-3.47, -0.16)	0.032
BMI (kg/m ²)	-0.06 (1.05)	0.04 (1.19)	-0.06 (-0.50, 0.38)	0.794	-0.54 (1.79)	-0.07 (1.53)	-0.56 (-1.08, -0.03)	0.037
Waist Circumference (cm)	-1.11 (5.41)	-0.06 (5.26)	-0.84 (-3.03, 1.34)	0.450	-1.45 (7.09)	-0.22 (5.37)	-1.77 (-3.74, 0.19)	0.077
Hip Circumference (cm)	-0.83 (3.31)	-0.17 (4.13)	0.06 (-1.41, 1.53)	0.938	-1.00 (4.03)	0.05 (4.74)	-1.29 (-2.61, 0.03)	0.056
Neck Circumference (cm)	-0.14 (1.54)	0.48 (1.29)	-0.56 (-1.17, 0.05)	0.073	-0.29 (2.02)	0.42 (2.06)	-0.71 (-1.33, -0.09)	0.024
Grip strength (kg)	0.20 (7.28)	0.46 (5.77)	-0.44 (-3.16, 2.29)	0.753	1.04 (4.25)	-0.16 (5.61)	1.29 (-0.30, 2.87)	0.112
Blood pressure								
Systolic Blood pressure (mm Hg)	-3.16 (10.78)	-2.05 (11.09)	0.53 (-3.93, 4.98)	0.817	-2.26 (10.52)	-2.28 (13.90)	-1.10 (-4.86, 2.67)	0.567

Diastolic Blood pressure (mm Hg)	-1.44 (9.42)	-0.30 (8.48)	0.16 (-3.14, 3.45)	0.927	-0.93 (7.33)	-1.05 (8.73)	-0.50 (-2.93, 1.93)	0.687
Heart rate (beats/ min)	-1.90 (10.97)	1.35 (8.32)	-3.71 (-7.08, -0.33)	0.031	-2.05 (9.52)	-1.55 (9.45)	-0.19 (-2.86, 2.49)	0.892
Blood markers								
HbA1c (mmol/ mol)	-0.63 (4.36)	0.87 (5.09)	-1.63 (-3.37, 0.10)	0.065	-0.30 (7.72)	0.17 (6.66)	-0.94 (-3.17, 1.28)	0.405
Triglycerides (mmol/L)	-0.01 (0.72)	0.05 (1.14)	-0.10 (-0.42, 0.21)	0.518	0.08 (0.97)	0.05 (0.87)	-0.01 (-0.29, 0.26)	0.919
HDL-Cholesterol (mmol/L)	0.03 (0.28)	0.00 (0.25)	0.05 (-0.05, 0.14)	0.313	0.10 (0.23)	0.04 (0.25)	0.07 (0.01, 0.13)	0.016
LDL-Cholesterol (mmol/L)	-0.19 (0.76)	-0.10 (0.88)	-0.15 (-0.45, 0.14)	0.309	0.10 (0.80)	0.06 (0.84)	-0.02 (-0.27, 0.22)	0.848
Total Cholesterol (mmol/L)	-0.14 (0.85)	-0.03 (0.93)	-0.14 (-0.47, 0.18)	0.401	0.19 (0.89)	0.11 (0.90)	0.03 (-0.24, 0.30)	0.826
Lifestyle behaviours								
Fruit intake grams/ day	4.99 (97.34)	41.72 (129.02)	-28.43 (-75.42, 18.55)	0.236	8.44 (165.96)	13.32 (129.73)	13.25 (-29.55, 56.04)	0.544
Vegetable intake grams/ day	-13.58 (145.95)	13.71 (142.20)	-7.41 (-53.25, 38.44)	0.752	34.50 (240.66)	-12.71 (185.70)	71.36 (10.69, 132.03)	0.021
Dietary Quality Score	0.38 (2.41)	0.21 (2.23)	-0.09 (-0.92, 0.74)	0.832	0.01 (2.56)	0.29 (2.21)	-0.387 (-0.99, 0.21)	0.205

*Change in intervention relative to control adjusted for variable at baseline and cluster size category (Small <40; Large ≥40)

Abbreviations: BMI= Body Mass Index; CI= Confidence Interval; HbA1c= Haemoglobin A1c; HDL= High density lipoprotein; LDL=Low density lipoprotein; SD= Standard deviation

Supplementary Table S6

Cardiometabolic and lifestyle secondary outcome changes from baseline to 6 months follow up in participants with and without obesity (based on waist circumference)

	Participants without obesity based on baseline waist circumference (waist circumference < 102cm)				Participants with obesity based on baseline waist circumference (waist circumference ≥ 102cm)			
	N=112				N=132			
Anthropometric measures	Change from baseline (Mean (SD))		Intervention effect* (95% CI)	p-value	Change from baseline (Mean (SD))		Intervention effect* (95% CI)	p-value
	Intervention N=49	Control N=63			Intervention N=53	Control N=79		
Body fat (%)	0.02 (1.98)	0.14 (2.34)	0.13 (-0.60, 0.86)	0.720	-0.52 (2.44)	-0.12 (1.68)	-0.47 (-1.22, 0.28)	0.223
Weight (kg)	-0.69 (3.29)	0.26 (3.58)	-0.692 (-1.84, 0.45)	0.235	-2.26 (6.40)	-0.51 (5.32)	-1.95 (-3.97, 0.07)	0.060
BMI (kg/m ²)	-0.08 (0.96)	0.08 (1.05)	-0.10 (-0.44, 0.24)	0.556	-0.64 (1.97)	-0.11 (1.62)	-0.59 (-1.22, 0.05)	0.072
Waist Circumference (cm)	0.05 (5.31)	0.46 (3.95)	-0.10 (-1.91, 1.70)	0.910	-2.62 (7.30)	-0.65 (6.16)	-2.34 (-4.63, -0.05)	0.045
Hip Circumference (cm)	-0.57 (3.22)	0.20 (3.31)	-0.07 (-1.23, 1.09)	0.903	-1.30 (4.23)	-0.23 (5.26)	-1.17 (-2.72, 0.39)	0.141
Neck Circumference (cm)	-0.18 (1.55)	0.55 (1.81)	-0.56 (-1.20, 0.07)	0.082	-0.29 (2.12)	0.36 (1.76)	-0.62 (-1.29, 0.04)	0.066
Grip strength (kg)	-0.01 (6.11)	0.99 (5.64)	-0.98 (-3.11, 1.15)	0.367	1.45 (4.74)	-0.62 (5.61)	2.13 (0.41, 3.85)	0.015
Blood pressure								
Systolic Blood pressure (mm Hg)	-3.11 (11.11)	-2.47 (11.28)	0.40 (-3.41, 4.21)	0.837	-2.07 (10.12)	-1.97 (13.94)	-0.82 (-4.76, 3.12)	0.683

Diastolic Blood pressure (mm Hg)	-0.78 (9.04)	-0.28 (8.39)	-0.04 (-2.80, 2.71)	0.976	-1.41 (7.13)	-1.11 (8.81)	-0.49 (-3.10, 2.12)	0.712
Heart rate (beats/min)	-1.57 (10.60)	1.06 (9.15)	-2.57 (-5.65, 0.50)	0.101	-2.40 (9.47)	-1.50 (8.93)	-0.55 (-3.39, 2.29)	0.704
Blood markers								
HbA1c (mmol/ mol)	0.10 (4.86)	1.16 (5.38)	-1.66 (-3.25, -0.07)	0.041	-0.89 (8.11)	-0.11 (6.53)	-0.97 (-3.40, 1.46)	0.435
Triglycerides (mmol/L)	0.06 (0.96)	0.12 (0.94)	-0.07 (-0.39, 0.24)	0.648	0.04 (0.83)	-0.01 (1.03)	-0.00 (-0.29, 0.29)	0.982
HDL-Cholesterol (mmol/L)	0.05 (0.26)	0.02 (0.25)	0.06 (-0.02, 0.13)	0.154	0.11 (0.24)	0.02 (0.26)	0.07 (0.00, 0.13)	0.040
LDL-Cholesterol (mmol/L)	-0.18 (0.78)	0.02 (0.85)	-0.24 (-0.51, 0.03)	0.079	0.16 (0.77)	-0.02 (0.87)	0.10 (-0.16, 0.36)	0.449
Total Cholesterol (mmol/L)	-0.11 (0.82)	0.10 (0.89)	-0.21 (-0.49, 0.07)	0.148	0.25 (0.93)	0.01 (0.93)	0.14 (-0.16, 0.43)	0.357
Lifestyle behaviours								
Fruit intake grams/day	-12.68 (107.88)	34.91 (125.28)	-36.53 (-76.66, 3.61)	0.074	25.36 (172.50)	16.96 (133.45)	25.15 (-24.47, 74.76)	0.321
Vegetable intake grams/day	-13.47 (197.38)	18.53 (180.12)	4.11 (-44.92, 53.14)	0.869	47.09 (225.92)	-18.23 (159.32)	76.81 (11.07, 142.55)	0.022
Dietary Quality Score	0.29 (2.63)	0.11 (2.19)	-0.20 (-0.91, 0.52)	0.591	0.00 (2.39)	0.37 (2.24)	-0.37 (-1.04, 0.30)	0.282

*Change in intervention relative to control adjusted for variable at baseline and cluster size category (Small <40; Large ≥40)

Abbreviations: BMI= Body Mass Index; CI= Confidence Interval; HbA1c= Haemoglobin A1c; HDL= High density lipoprotein; LDL= Low density lipoprotein; SD= Standard deviation

Supplementary Table S7*Physical activity and sitting behaviour changes from baseline to 16-18 months follow-up for participants with and without obesity based on BMI*

	Participants without obesity based on baseline BMI (BMI<30 kg/m ²) N=94				Participants with obesity based on baseline BMI (BMI≥30 kg/m ²) N=69			
Physical activity marker overall	Change from baseline (Mean (SD))		Intervention effect* (95% CI)	p-value	Change from baseline (Mean (SD))		Intervention effect* (95% CI)	p-value
	Intervention N=39	Control N=55			Intervention N=35	Control N=34		
Steps/ day	-482.96 (2551.22)	-90.04 (2518.26)	-149.77 (- 1089.20, 789.67)	0.755	-43.60 (3072.20)	-338.94 (1507.66)	239.21 (-826.69, 1305.11)	0.660
Time spent sitting (min/ day)	13.48 (78.98)	4.94 (86.09)	9.01 (-14.66, 32.68)	0.456	-12.78 (106.18)	1.78 (78.04)	-27.42 (-66.92, 12.07)	0.174
Time spent in MVPA (min/ day)	-0.29 (14.97)	-1.82 (16.91)	2.51 (-2.16, 7.17)	0.292	0.17 (19.44)	0.87 (10.67)	0.24 (-6.61, 7.08)	0.946
Time spent in LPA (min/ day)	-6.79 (25.41)	0.87 (19.58)	-5.26 (-14.47, 3.96)	0.264	0.04 (26.94)	-5.25 (14.75)	5.18 (-4.96, 15.33)	0.317

*Change in intervention relative to control adjusted for variable at baseline and change in valid waking wear time from baseline to 16-18 months follow-up, and cluster size category (Small <40; Large ≥40)

Abbreviations: CI= Confidence Interval; LPA= Light physical activity; MVPA=Moderate to vigorous physical activity; SD= Standard deviation

Supplementary Table S8								
Lifestyle secondary outcome changes from baseline to 16-18 months follow-up in participants with and without obesity (based on BMI)								
	Participants without obesity based on baseline BMI (BMI<30 kg/m ²)				Participants with obesity based on baseline BMI (BMI≥30 kg/m ²)			
	N=115				N=97			
Lifestyle Behaviours	Change from baseline (Mean (SD))		Intervention effect* (95% CI)	p-value	Change from baseline (Mean (SD))		Intervention effect* (95% CI)	p-value
	Intervention N=51	Control N=64			Intervention N=50	Control N=47		
Vegetable intake grams/ day	-58.61 (166.83)	1.37 (134.37)	-23.99 (-60.76, 12.78)	0.201	-17.03 (146.93)	10.70 (168.57)	-13.45 (-64.99, 38.10)	0.609
Fruit intake grams/ day	2.66 (125.77)	-10.76 (110.41)	29.14 (-12.04, 70.32)	0.165	-33.72 (194.37)	8.43 (99.11)	-12.56 (-63.92, 38.79)	0.632
Dietary Quality Score	0.67 (2.27)	0.27 (2.17)	0.38 (-0.25, 1.01)	0.242	-0.18 (2.29)	0.00 (1.92)	-0.39 (-0.98, 0.20)	0.193

*Change in intervention relative to control adjusted for variable at baseline and cluster size category (Small <40; Large ≥40)

Abbreviations: BMI= Body Mass Index; CI= Confidence Interval; SD= Standard deviation