

Supplementary Material

Table S1. Information of the Evaluation of the intervention group (n=16).

Question				
	%	n	Mean	SD
"How did you enjoy the physical activity breaks?"				
I enjoyed them very much	81.3	13	1.25	0.58
I enjoyed them	12.5	2		
I rather enjoyed them	6.3	1		
I rather did not enjoy them	0.0	0		
I did not enjoy them	0.0	0		
"Do you agree that the presentation of the sessions was diversified and lively?"				
I agree	93.8	15	1.06	0.25
I rather agree	6.3	1		
I rather disagree	0.0	0		
I disagree	0.0	0		
"Do you agree that the mobility exercises were comfortable and enjoyable for you?"				
I agree	93.8	15	1.06	0.25
I rather agree	6.3	1		
I rather disagree	0.0	0		
I disagree	0.0	0		
"Do you agree that the relaxation exercises were comfortable and relaxing for you?"				
I agree	87.5	14	1.13	0.34
I rather agree	12.5	2		
I rather disagree	0.0	0		
I disagree	0.0	0		
"The juggling exercises were _____ for me most of the time."				
too challenging	31.3	5	1.94	0.77
neither too challenging nor not challenging	43.8	7		
too challenging as well as not challenging	25.0	4		
not challenging	0.0	0		
"The balance exercises were _____ for me most of the time."				
too challenging	12.5	2	2.25	0.86
neither too challenging nor not challenging	62.5	10		
too challenging as well as not challenging	12.5	2		
not challenging	12.5	2		
"Would you agree that the participation had a positive effect on your health?"				
I agree	68.8	11	1.44	0.81
I rather agree	25.0	4		
I rather disagree	0.0	0		
I disagree	6.3	1		

Table S1 (Continued).

Question				
	%	n	Mean	SD
“How have you observed the positive effect on your health?” (open ended question)				
improvement of physical well-being		5		
improvement of psychological well-being		5		
improvement of motor abilities		7		
“Would you agree that the participation had a positive effect on your working routine?”				
I agree	68.8	11	1.56	0.96
I rather agree	12.5	2		
I rather disagree	12.5	2		
I disagree	6.3	1		
“How have you observed the positive effect on your health?” (open ended question)				
improvement of concentration		5		
enhanced awareness for taking breaks		4		
adding a variety to the working routine		3		
improvement of the working structure		1		
improvement of relaxation		1		
improvement of productivity		1		
“Would you agree that the participation has resulted in being more physical active in general?”				
yes	62.5	10		
no	37.5	6		
“How have you observed being more physically active ?”				
being more physically active before or after work	30.0	3		
being mor physically active during work	30.0	3		
using the stairs instead of the elevator	20.0	2		
no answer	20.0	2		
“Have you planned to practice the juggling exercises after your participation?”				
yes	93.8	15		
no	6.3	1		
“Have you planned to practice the mobilization exercises after your participation?”				
yes	62.5	10		
no	37.5	6		
“Have you planned to practice the balance exercises after your participation?”				
yes	37.5	6		
no	62.5	10		
“Have you planned to practice the relaxation exercises after your participation?”				
yes	25.0	4		
no	75.0	12		