

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 | | |