

**Table S1. Cardiovascular and autonomic responses to prolonged sitting with and without prior exercise (n=25).**

Outcome	Condition	1-hour of sitting (mean±SD)	2-hour of sitting (mean±SD)	3-hour of sitting (mean±SD)	Condition Effect $\beta$ (SE) ( <i>p-value</i> )	<i>d</i>
SBP (mmHg)	EX+SIT	109.66±1.68	108.58±1.78	111.67±1.69	.77 (1.18)	.08
	SIT	108.99±2.13	111.10±1.64	109.59±1.87	(.512)	
DBP (mmHg)	EX+SIT	<b>68.74±1.42</b>	<b>68.14±1.80</b>	<b>67.69±1.57</b>	<b>2.18 (.91)</b>	<b>.29</b>
	SIT	<b>68.00±1.18</b>	<b>67.60±1.61</b>	<b>69.91±1.35</b>	<b>(.016)</b>	
MAP (mmHg)	EX+SIT	87.40±1.37	86.80±1.45	87.85±1.13	1.53 (.79)	.19
	SIT	86.75±1.38	87.46±1.37	88.11±1.42	(.054)	
cSBP (mmHg)	EX+SIT	99.94±1.80	97.64±1.79	98.88±1.33	1.39 (1.22)	.15
	SIT	97.81±1.92	99.29±1.98	99.26±1.78	(.255)	
cDBP (mmHg)	EX+SIT	<b>71.18±1.28</b>	<b>69.88±1.72</b>	<b>69.48±1.53</b>	<b>1.99 (.93)</b>	<b>.26</b>
	SIT	<b>69.73±1.28</b>	<b>69.92±1.74</b>	<b>72.09±1.36</b>	<b>(.034)</b>	
cPP (mmHg)	EX+SIT	28.76±1.20	27.76±1.34	29.33±1.58	-.48 (1.00)	.08
	SIT	28.08±1.51	29.38±1.15	27.17±1.15	(.635)	
PWV (m/s)	EX+SIT	4.72±.08	4.63±.08	4.72±.08	.02 (.06)	.05
	SIT	4.64±.09	4.73±.09	4.69±.10	(.616)	
AIX@75 (%)	EX+SIT	26.52±1.82	24.96±1.51	24.75±1.37	-.99 (.87)	.11
	SIT	24.94±1.70	25.17±1.53	22.89±1.66	(.253)	
lnSDNN*	EX+SIT	3.65±.41	3.68±.40	3.76±.40	.04 (.04)	.13
	SIT	3.70±.33	3.82±.38	3.78±.38	(.323)	
lnRMSSD*	EX+SIT	3.31±.61	3.31±.59	3.52±.57	.01 (.06)	.02
	SIT	3.42±.46	3.51±.49	3.50±.52	(.926)	

Abbreviations: ln; natural log transformation, m/s; meter per second, mmHg; millimeter of mercury, SD; standard deviation, SE; standard error, *d*; Cohen's *d*, Bold indicates significant change ( $p<0.05$ ), \* indicates n=26.