**Effect of an office-based intervention on visceral adipose tissue: The WorkACTIVE-P randomized controlled trial**

Supplementary material

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**Figure S1.** Individual change scores in physical activity and sedentary time within the control and intervention groups. Horizontal lines are least square means. †Significant within-group difference pre- versus post-intervention (*P* < 0.05).



**Figure S2.** Individual change scores in adipose tissue and anthropometry within the control and intervention groups. Horizontal lines are least square means. \*Significant difference between control and intervention group (*P* < 0.05). †Significant within-group difference pre- versus post-intervention (*P* < 0.05).





**Figure S3.** Individual change scores in cardiometabolic disease risk factors within the control and intervention groups. Horizontal lines are least square means. \*Significant difference between control and intervention group (*P* < 0.05). †Significant within-group difference pre- versus post-intervention (*P* < 0.05).



**Figure S4.** Individual change scores in food intake within the control and intervention groups. Horizontal lines are least square means. †Significant within-group difference pre- versus post-intervention (*P* < 0.05).