

1 **Subject Selection and Enrollment**

2 Source of subjects and recruitment methods

3 Sixty-six participants were recruited from previously identified departments at
4 Massachusetts General Hospital and Northeastern University. Workers recruited from
5 Massachusetts General Hospital worked in the following departments: The Cancer Center
6 (protocol office and call center), Professional Billing Office, Materials Management Customer
7 Service, Health and Information Services, Radiology Service Center, and Research Management.
8 Workers recruited from Northeastern University were from the following departments: Speech-
9 Language Pathology Clinic, Department of Communication Sciences and Disorders, Bouve
10 College Office of Research, The John O'Bryant African American Institute, and Northeastern
11 University Humanities Center. These departments were selected as potential sites after informal
12 communication about the study with the department heads and human resource management.

13 Methods of enrollment

14 A trained project manager met with potential participants as a group during department
15 meetings and verbally explained the study procedures and inclusion criteria. Eligibility was
16 assessed based on self-report of inclusion criteria and measured height and weight. If employees
17 from a department expressed interest in the study, the department was cluster randomized into
18 either the treadmill workstation, sit-stand workstation, or control group after completing
19 informed consent procedures. A total of twenty-two volunteers spread across various
20 departments were randomly allocated in cluster-groups to each of the study arms. In the event of
21 insufficient volunteers in a study arm group, the project manager approached other departments
22 to solicit study participation. We sought to recruit at least 50% women and 20% minorities,
23 respectively.

24 A total of 24 clusters were enrolled in the study and each cluster had a different
25 supervisor. This was possible because the site selected had numerous offices across Boston.
26 Thus, there was no potential for contamination from daily exposure to the same supervisor.