**Table S1. Numbers of days with ≥540 minutes accelerometer recording time by treatment group at each assessment**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Baseline** | **3 months** | **12 months** |
|  | **Control (N=148)** | **Intervention (N=150)** | **Control (N=138)** | **Intervention (N=142)** | **Control (N=136)** | **Intervention (N=137)** |
|  | **n** | **(%)** | **n** | **(%)** | **n** | **(%)** | **n** | **(%)** | **n** | **(%)** | **n** | **(%)** |
| 1 day | 0 |  | 0 |  | 1 |  (1) | 0 |  | 0 |  | 0 |  |
| 2 days | 0 |  | 0 |  | 2 |  (1) | 2 |  (1) | 1 |  (1) | 1 |  (1) |
| 3 days | 0 |  | 0 |  | 3 |  (2) | 1 |  (1) | 3 |  (2) | 2 |  (1) |
| 4 days | 0 |  | 0 |  | 5 |  ( 4) | 5 |  (4) | 7 |  (5) | 4 |  (3) |
| 5 days | 10 |  (7) | 10 |  (7) | 15 |  (11) | 5 |  (4) | 12 |  (9) | 11 |  (8) |
| 6 days | 27 |  (18) | 24 |  (16) | 25 |  (18) | 32 |  (23) | 31 |  (23) | 29 |  (21) |
| 7 days | 111 |  (75) | 116 |  (77) | 87 |  (63) | 97 |  (68) | 82 |  (60) | 90 |  (66) |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
| **≥3 days** | **148** |  **(100)** | **150** |  **(100)** | **135** |  **(98)** | **140** |  **(99)** | **135** |  **(99)** | **136** |  **(99)** |
| **≥5 days** | **148** |  **(100)** | **150** |  **(100)** | **127** |  **(92)** | **134** |  **(94)** | **125** |  **(92)** | **130** |  **(95)** |