

Supplementary Table: Activity Variables at baseline and at six-month follow-up

| Variables | Baseline | 6 months |
|--------------------------------------|-------------------|-------------------|
| Avg days worn | 5.72 (1.41) | 5.57 (1.53) |
| Avg wear time (min) | 4675.57 (1323) | 4786.17 (1772) |
| % in MVPA | 2 (.02) | 4 (.09) |
| % in SB | .71 (.08) | .68 (.08) |
| % in LPA | .27 (.08) | .28 (.09) |
| Avg steps/day | 5601.73 (2666.59) | 6603.95 (3246.05) |
| Aerobic fitness (distance in meters) | 1395.63 (235.8) | 1415.32 (356.41) |
| Avg # of sedentary breaks | 13.07 (4.89) | 15.49 (4.85) |
| Avg min of sedentary bouts | 92.79 (38.17) | 84.27 (21.52) |

*p<.05; **p<.01; ***p<.001