Appendix Table 1. Sitting Time, Physical Activity, and Oswestry Disability Index Scores by Intervention Group

	Group	Baseline	1 month	2 months	3 month	4 month	5 month	6 month	Group	Time (per month)
Sitting time overall, hr/day	Intervention	9.7 (2.1)	9.3 (2.1)	8.4 (2.6)	7.2 (1.2)***	8.3 (2.3)	7.7 (2.2)	6.8 (1.7)***	β = -1.4	β = -0.3
	Control	10.5 (1.8)	10.0 (2.1)	9.7 (2.3)	9.5 (1.4)***	10.0 (2.0)	9.7 (2.5)	8.9 (2.5)***	p=0.020	p<0.001
									d = 0.87	
Sitting time at work, hr/day	Intervention	6.6 (1.2)	5.3 (1.0)**	4.8 (1.1)**	4.5 (1.1)***	4.7 (1.2)**	4.5 (1.1)	4.7 (1.2)*	β = -1.5	β = -0.1
	Control	7.3 (1.1)	6.7 (1.1)**	6.7 (1.1)**	6.8 (0.9)***	6.6 (1.1)**	6.7 (2.2)	6.2 (1.5)*	p<0.001	p=0.001
									d = 1.36	
Total moderate-to-vigorous physical activity, min/week	Intervention	190 (163)	-	-	375 (384)	-	-	264 (182)	β = 56	β = -13
	Control	191 (175)	-	-	201 (165)	-	-	229 (184)	p=0.474	p=0.411
									d = 0.32	
Recreational moderate-to-vigorous physical activity, min/week	Intervention	107 (135)	-	-	167 (194)	-	-	125 (117)	β = -15	β = -5
	Control	126 (139)	-	-	104 (96)	-	-	117 (117)	p=0.649	p=0.526
									d = 0.11	
Occupational moderate-to-vigorous physical activity, min/week	Intervention	40 (84)	-	-	70 (149)	-	-	65 (169)	β = 1	β = -7
	Control	0 (0)	-	-	21 (56)	-	-	20 (52)	p=0.987	p=0.407
									d = 0.01	
Transportation moderate-to-vigorous physical activity, min/week	Intervention	46 (74)	-	-	137 (158)	-	-	75 (103)	β = 70	β = -1
	Control	66 (114)	-	-	76 (88)	-	-	91 (42)	p=0.140	p=0.804
									d = 1.18	
Oswestry disability Index, %	Intervention	24.6 (10.3)	18.6 (13.4)	15.8 (11.3)	13.2 (11.2)*	13.5 (11.7)*	12.9 (9.6)	12.3 (9.0)*	β = -8.0	β = -0.9
	Control	23.6 (10.9)	23.7 (15.0)	22.7 (11.9)	22.1 (14.7)*	21.9 (14.9)*	20.6 (15.1)	20.1 (14.2)*	p=0.027	p=0.001
									d = 0.73	

Data are presented as mean (SD)
β coefficients and p-values from adjusted mixed models including group, time, education, and baseline value as covariates.
d is Cohen's effect size
Group differences at specific month are designated as ***p<0.001; **p<0.01, *p<0.05

Appendix Table 2. Pain by Visual Analog Scale (VAS) by Intervention Group

	Group	Baseline	1 month	2 month	3 month	4 month	5 month	6 month	Group	Time (per month)
Low Back Pain – **_Now_**	**Intervention**	4.7 (2.2)	3.8 (1.9)	3.2 (2.3)	2.8 (2.0)	2.5 (1.9)	3.3 (1.8)	1.9 (1.4)	β = -0.5	β = -0.2
	Control	4.6 (2.3)	3.4 (2.4)	3.2 (1.9)	2.8 (1.8)	2.6 (1.8)	2.6 (2.2)	2.2 (2.0)	_p_=0.432 _d_ = 0.22	_p_<0.001
Low Back Pain – **_worst in past week_**	**Intervention**	6.7 (1.7)	5.6 (2.0)	5.9 (1.5)	4.5 (1.6)	5.1 (1.5)	4.7 (2.1)	4.5 (1.5)	β = -0.5	β = -0.2
	Control	6.9 (1.7)	5.6 (2.3)	5.3 (2.0)	5.4 (2.2)	4.9 (2.0)	4.9 (2.3)	4.5 (2.3)	_p_=0.436 _d_ = 0.29	_p_<0.001
Low Back Pain – **_best in past week_**	**Intervention**	3.1 (2.1)	2.3 (1.4)	1.6 (1.6)	1.4 (1.2)	1.3 (1.5)	1.6 (1.7)	1.0 (0.9)	β = -0.5	β = -0.1
	Control	2.2 (1.6)	2.1 (2.3)	1.8 (1.6)	1.4 (1.8)	1.4 (1.8)	1.5 (1.9)	1.6 (2.1)	_p_=0.365 _d_ = 0.31	_p_<0.001
Low Back Pain – **_usual in past week_**	**Intervention**	5.1 (1.8)	4.2 (1.6)	3.9 (1.0)	3.1 (1.4)*	3.2 (1.4)	3.2 (1.7)	2.5 (1.2)	β = -0.6	β = -0.2
	Control	4.6 (1.4)	3.7 (1.8)	3.9 (2.0)	3.6 (1.9)*	3.2 (1.9)	3.4 (2.0)	3.3 (2.2)	_p_=0.198 _d_ = 0.42	_p_<0.001
Neck Pain – **_usual in past week_**	**Intervention**	3.1 (2.9)	2.2 (1.8)*	2.2 (1.8)	2.1 (1.8)	1.8 (1.8)	1.7 (1.9)	1.3 (1.4)	β = -1.2	β = -0.2
	Control	2.7 (2.3)	3. 0 (2.4)*	2.7 (2.4)	2.4 (2.4)	2.3 (2.0)	2.2 (2.3)	1.9 (2.2)	_p_=0.086 _d_ = 0.52	_p_<0.001
Upper Back Pain – **_usual in past week_**	**Intervention**	2.2 (1.9)	2.2 (2.1)	2.2 (1.9)	2.1 (2.1)	1.7 (2.0)	1.8 (2.2)	1.2 (1.6)	β = -0.9	β = -0.2
	Control	2.1 (2.2)	2.8 (2.9)	2.3 (2.2)	1.6 (1.6)	1.6 (1.6)	1.6 (2.0)	1.8 (1.6)	_p_=0.227 _d_ = 0.41	_p_<0.001
Leg Pain – **_usual in past week_**	**Intervention**	2.3 (2.9)	1.9 (2.0)	1.2 (1.6)	1.3 (1.5)	1.5 (1.6)	1.0 (1.2)	1.1 (1.3)	β = -0.7	β = -0.1
	Control	2.1 (1.9)	2.4 (1.9)	2.5 (1.7)	1.7 (1.5)	2.1 (2.1)	2.1 (1.9)	1.7 (2.0)	_p_=0.229 _d_ = 0.36	_p_=0.019

Data are presented as mean (SD)

_β_ coefficients and p-values from adjusted mixed models including group, time, education, and baseline value as covariates.

_d_ is Cohen's effect size

* indicates difference between groups with p<0.05 at specific month