



Supplementary Figure S1: Flow chart for participants' selection

Supplementary Table S1. Participant's PA level per domains and category

PA Domains	N	Vigorous PA (%)	Moderate PA (%)	Walking PA (%)	Moderate indoor PA (%)
Work	21	21.9	55.3	22.8	NA
Active Transportation	62	0.0	8.0	92.0	NA
Domestic Domain	35	3.5	56.4	0.0	40.1
Leisure Domain	41	23.9	13.2	62.9	NA

Supplementary Table S2: Total of time (minutes) and day per dominate category

PA Domains	N	Total min	Total day	Mean min	Mean day
Work (Moderate PA)	13	1165	65	89.6	5.0
Active Transportation (Walking)	61	2340	295	38.4	4.8
Domestic and gardening (Moderate yard chores)	15	2190	87	146.0	5.8
Leisure (Walking)	27	1615	145	59.8	5.4