Supplementary Materials

Table S1. Physical activity characteristics stratified by occupational group.

Variable	Healthcare workers(N=41)	Office-based workers(N=16)
Workday step count, steps/day	11460.1[9698.6 - 13606]	9034.3[7411.9 - 10133.8]
Non-workday step count, steps/day	5783.7[3467 - 7445.5]	6521[5249.8 - 7680]
Workday MVPA, min/day	31.96[23.45 - 40.34]	31.8[23.45 - 43.35]
Non-workday MVPA, min/day	10.0[3.8 - 16.4]	14.6[9.7 - 27.6]
Lower-extremity ECW/TBW	0.3943 ± 0.0084	0.3900 ± 0.0116

Note: Values are presented as median [interquartile range (IQR)], except for lower-extremity ECW/TBW, which is presented as mean ± standard deviation (SD). Occupational groups were classified as healthcare and care workers or office-based workers. Step-count and ECW/TBW data were available for 57 participants, whereas MVPA data were available for 56 participants (41 healthcare and care workers and 15 office-based workers). ECW/TBW, extracellular water-to-total body water ratio; MVPA, moderate-to-vigorous physical activity.

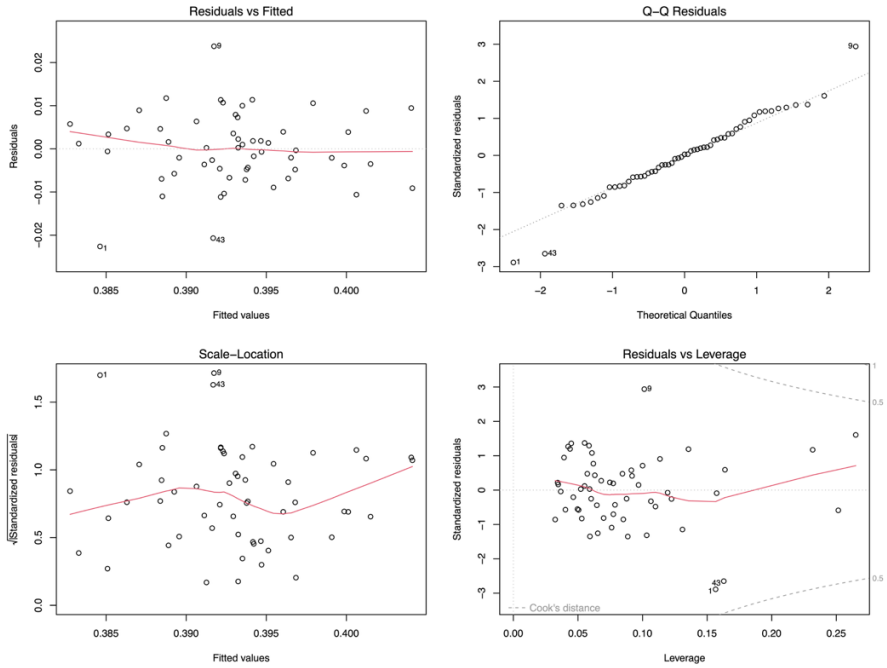


Figure S1. Regression diagnostic plots for Model 1. The four panels show residuals versus fitted values (upper left), a normal Q–Q plot (upper right), a scale–location plot (lower left), and standardized residuals versus leverage with Cook's distance contours (lower right).

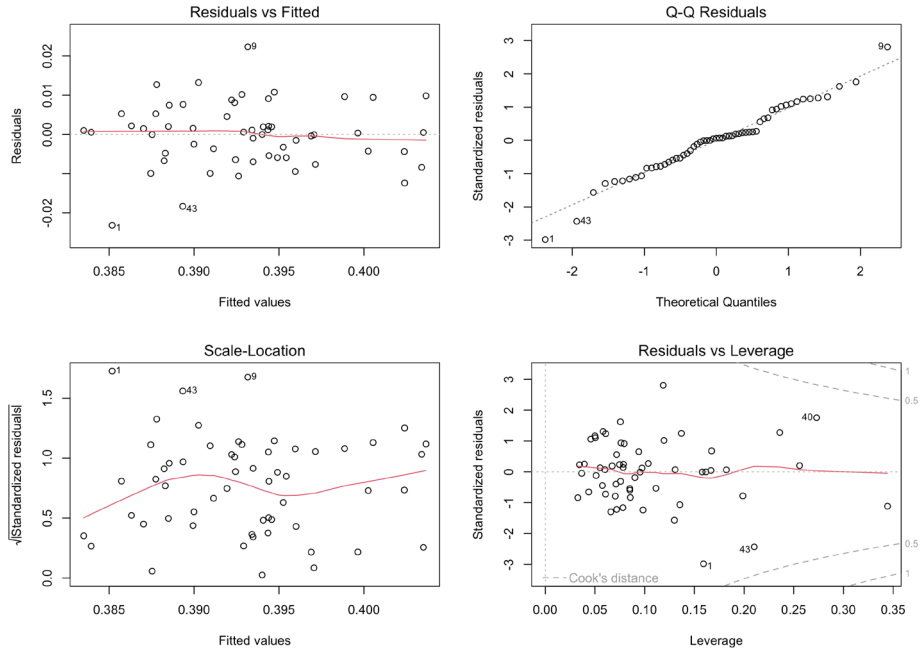


Figure S2. Regression diagnostic plots for Model 2 The four panels show residuals versus

fitted values (upper left), a normal Q–Q plot (upper right), a scale–location plot (lower left), and standardized residuals versus leverage with Cook's distance contours (lower right).

Table S2. Influence diagnostics for multiple linear regression models

Diagnostic statistic	**Model 1**	**Model 2**
Number of observations	57	57
Maximum Cook's distance	0.3096	0.2803
Observations with Cook's distance > 4/n, n	5	6
Maximum leverage	0.2651	0.3442
Observations with leverage > 2p/n, n	3	4

Note: Model 1 included workday step count, non-workday step count, age, and sex. Model 2 additionally included body mass index (BMI). Potentially influential observations were screened using Cook's distance > 4/n and leverage > 2p/n, where n is the sample size (n = 57) and p is the number of estimated model parameters, including the intercept (p = 5 for Model 1 and p = 6 for Model 2). The Cook's distance threshold was 0.0702 for both models, whereas the leverage thresholds were 0.1754 and 0.2105 for Models 1 and 2, respectively. Leave-one-out sensitivity analyses were performed by refitting each model after excluding one observation at a time. The reported coefficient and p-value ranges represent the minimum and maximum values across all 57 refitted models. B represents the unstandardized regression coefficient for workday step count per 1,000 steps/day. CI, confidence interval; ECW/TBW, extracellular water-to-total body water ratio.