

Table S7a. Large corporation 12-week “Sit Less at Work” intervention summary

Week	Action 1	Action 2	Action 3
1	Weekly email from Area Manager with sit less suggestions (Intra, Inter & Org*)		
2	Weekly email from Area Manager with sit less suggestions	Weekly sit less challenge (Inter & Org*)	
3	Weekly email from Area Manager with sit less suggestions	Weekly sit less challenge	
4	Weekly email from Area Manager with sit less suggestions	Weekly sit less challenge	Incorporate activity into monthly team meetings (Inter & Org*)
5	Weekly email from Area Manager with sit less suggestions	Weekly sit less challenge	
6	Weekly email from Area Manager with sit less suggestions	Weekly sit less challenge	
7	Weekly email from Area Manager with sit less suggestions	Weekly sit less challenge	
8	Weekly email from Area Manager with sit less suggestions	Weekly sit less challenge	Incorporate activity into monthly team meetings
9	Weekly email from Area Manager with sit less suggestions	Weekly sit less challenge	
10	Weekly email from Area Manager with sit less suggestions	Weekly sit less challenge	
11	Weekly email from Area Manager with sit less suggestions	Weekly sit less challenge	
12	Weekly email from Area Manager with sit less suggestions	Weekly sit less challenge	Incorporate activity into monthly team meetings

* The ecological level that each new action relates to is denoted in each table using the following abbreviations: “Intra” (intrapersonal-level), “Inter” (interpersonal-level), “Org” (organisational-level), and “Env” (environmental-level).

Table S7b. Large corporation detailed action plan

Action	Content	Timing	Management involvement	Barriers	How to overcome barriers	Who to action*
Weekly email from Area Manager with sit less suggestions (Intra, Inter & Org)	Area Manager to send an email informing team of challenge and importance of sitting less at work. Suggestions on how to sit less to be included in the email: taking the stairs not the lift; if have a FitBit – make sure you do at least 250 steps/hour and make use of prompts (vibration) it makes to do this; drink more water; stand/walk for calls; make use of the coffee app and go get your free daily coffee from Valerie Patisserie – especially on a Friday (when everyone is expected to be in the office) everyone could go together – social element.	Day 1, week 1 and then a weekly email thereafter	Area Manager to send email (template to be written by Researcher)	How to get everyone involved	Use team Whatsapp group to encourage Use weekly call on a Monday to prompt/remind	Researcher to write email templates for each week TA/EG to check Area Manager happy to send email and encourage participation in weekly meetings
Weekly sit less challenge (Inter & Org)	Use the white board next to Area Manager's desk to track everyone's steps (use FitBits or iPhones for step counts) – make it competition with yourself rather than each other – prize for biggest improver rather than who's got most steps.	Day 1, week 2	Approval required from Area Manager	How to get everyone involved	Use team Whatsapp group to encourage Use weekly call on a Monday to prompt/remind	TA/EG to get Area Manager approval and set-up & maintain white board progress chart Need to decide on prize ?extra holiday days

Incorporate activity into monthly team meetings (Inter & Org)	<p>The use of energisers, movement, “treasure hunts” and/or challenges to add activity into meetings.</p> <p>Every other meeting is in an external location – when in an external location, there could be a “treasure hunt” challenge included in the day where team members have to go out and find and take a photo of certain objects e.g. if somewhere with outside space, could take a picture of an insect – the most obscure the better.</p> <p>For external and internal meetings – could incorporate movement into the meeting e.g. coffee break – go and get free coffee from Patisserie Valerie, all team stand/walk on spot for 5 mins every hour etc, who can get the most steps in the lunch break?</p>	Three times during the 12 weeks (at team meeting which occurs once a month)	Area Manager would need to support this and put time in the agenda for activities	Busy agendas, sometimes have guests attending	Stream-line meetings, plan activity in, build it in to break times e.g. lunch / coffee breaks	<p>TA/EG to approach Area Manager to see if happy to include activity into the team meetings</p> <p>Area Manager to include into agendas</p>
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** Individuals responsible for the implementation of each action were highlighted where appropriate (denoted by two random letters).*

Note: the levels of influence each action related to is denoted as follows: “Intra” is intrapersonal, “Inter” is interpersonal, “Org” is organisational, and “Env” is environmental.