**Participant Flow**

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**Baseline Characteristics**

**Baseline characteristics of total sample and three groups (mean ± SD or %)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Total sample (n = 111) | F2F Group(n = 37) | IB Group(n = 37) | C Group (n = 37) |
| **Demographics**Gender (% female)Age (year)BMI (kg/m²) | 55.919.2 ± 1.220.3 ± 2.6 | 56.819.1 ± 1.220.2 ± 2.8 | 56.819.2 ± 1.220.2 ± 2.9 | 54.119.2 ±1.320.4 ± 2.1 |
| **Physical activity**Total PA Score(MET·min/week) | 1,314.2± 672.3 | 1,325.2± 632.0 | 1,228.0± 656.4 | 1,389.3± 733.1 |
| **Meeting the PA recommendation** (%) | 85.6 | 91.9 | 78.4 | 86.5 |
| **Stages of change**Pre-contemplation (%)Contemplation (%)Preparation (%)Action (%)Maintenance (%) | 2.716.273.97.20 | 2.716.273.08.10 | 2.716.273.08.10 | 2.716.275.75.40 |

BMI=body mass index; PA=physical activity.

**Outcome Measures**

Mean PA scores (MET·min per week) at baseline, 3rd month and 6th month assessments

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | F2F Group(n = 36) | IB Group(n = 36) | C Group(n = 34) | *F* |
| Baseline | 1,330.8 ± 640.0 | 1,213.2 ± 659.4 | 1,414.9 ± 758.9 |  |
| 3rd month | 1,849.2± 1,234.3**\*** | 1,689.8 ± 1,085.2**\*** | 1,393.5 ± 870.2 | F2F: 8.364IB: 7.958 |
| Mean Difference (3rd month-baseline) | 518.4# | 476.6 | -21.4 |  |
| 6th month | 1,880.0± 1,238.7**\*** | 1,738.2 ± 1287.9**\*** | 1,252.1 ± 728.5 | F2F: 7.625IB: 6.259 |
| Mean Difference(6th month-baseline) | 549.2# | 525.0#  | -162.8 |  |

**\***p < 0.05, compared with baseline data within group

#p < 0.05, compared with C group

Stages of change at baseline, 3rd and 6th month assessments

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Baseline |  | 3rd Month |  | 6th Month |
| F2F(n = 36) | IB(n = 36) | C(n = 34) |  | F2F†(n = 36) | IB\*(n = 36) | C†(n = 34) |  | F2F\*(n = 36) | IB\*(n = 36) | C(n = 34) |
| Pre-contemplation | 1 | 1 | 1 |  | 1 | 0 | 1 |  | 0 | 1 | 2 |
| Contemplation | 5 | 6 | 5 |  | 3 | 3 | 4 |  | 6 | 3 | 5 |
| Preparation | 27 | 26 | 26 |  | 28 | 17 | 25 |  | 14 | 19 | 19 |
| Action | 3 | 3 | 2 |  | 4 | 15 | 4 |  | 12 | 10 | 6 |
| Maintenance  | 0 | 0 | 0 |  | 0 | 1 | 0 |  | 4 | 3 | 2 |

Wilcoxin Signed Ranks Tests: \* p< 0.05 compared with baseline within groups.

Mann-Whitney Tests: † p< 0.05, compared with IB group.

**Adverse Events**

No adverse events associated with this trial.