

Appendix 1

Table A1. Self-reported physical activity scores and barriers to being active of the two groups pre and post the study.

Variable	Range of possible scores	Control (M±SD)	Intervention (M±SD)	P	Overall P
IPAQ Questionnaire					
Satisfied with physical activity level in the past week	0-10 (10 being most, 0 being least)				0.69
Run-in		5.0±2.3	5.1±2.6	0.92	
10-week		5.8±2.7	5.3±2.6	0.45	
Regular exercise routine	0-10				0.17
Run-in		5.4±2.9	4.7±3.5	0.38	
10-week		5.9±3.3	4.5±3.4	0.10	
Satisfied with health status	0-10				0.97
Run-in		6.8±2.0	7.0±1.8	0.65	
10-week		6.9±2.2	6.6±2.4	0.63	
Number of days doing vigorous PA					0.88
Run-in		1.7±1.2	2.2±1.6	0.16	
10-week		2.0±1.8	1.7±1.7	0.48	
Minutes per day doing vigorous PA					0.52
Run-in		60.2±61.3	49.8±32.9	0.43	
10-week		43.8±48.8	37.2±36.4	0.55	
Number of days doing moderate PA					0.23
Run-in		3.2±2.1	3.1±2.1	0.75	
10-week		3.0±2.4	2.2±2.2	0.16	
Minutes per day doing moderate PA					0.18
Run-in		44.8±42.6	58.0±61.5	0.35	
10-week		42.9±39.4	58.2±81.9	0.36	
Number of days walking					0.52
Run-in		5.7±1.6	5.7±1.9	0.98	
10-week		6.1±1.33	5.7±2.0	0.28	
Minutes per day walking					0.41
Run-in		43.1±32.1	42.9±34.9	0.99	
10-week		54.6±49.4	57.1±61.2	0.86	
Hours per day sitting					0.32
Run-in		8.8±4.7	9.4±5.6	0.66	
10-week		7.7±2.5	9.4±9.5	0.34	

Barriers to Being Active					0.41
Total score	0-63(63 being greatest barrier)				
Run-in		19.1±8.7	20.9±10.3	0.45	
10-week		18.1±9.5	20.3±10.6	0.39	
Lack of time	0-9				0.51
Run-in		4.1±2.2	4.3±2.7	0.71	
10-week		4.2±2.5	4.0±2.8	0.83	
Social influence	0-9				0.55
Run-in		2.4±1.6	2.9±2.2	0.34	
10-week		2.2±1.6	2.6±2.0	0.39	
Lack of energy	0-9				0.24
Run-in		4.5±2.1	4.7±2.4	0.73	
10-week		4.3±2.3	4.4±2.4	0.91	
Lack of willpower	0-9				0.99
Run-in		4.3±2.6	4.4±2.7	0.93	
10-week		3.7±2.3	4.8±2.9	0.11	
Fear of injury	0-9				0.74
Run-in		0.7±1.2	0.6±0.9	0.74	
10-week		0.7±1.3	0.6±1.1	0.85	
Lack of skill	0-9				0.40
Run-in		1.3±1.8	1.2±1.6	0.96	
10-week		0.9±1.2	1.1±1.4	0.49	
Lack of resources	0-9				0.35
Run-in		1.9±1.7	2.8±1.6	0.03	
10-week		2.2±1.8	2.8±1.6	0.17	