Supplementary Table 5  Exercise self-efficacy and intention, physical fitness, perceived happiness and health, and quality of life of the experimental and control groups at baseline and 12-week follow-up by per-protocol analysis (n=113)

|                          | Experimental group (n=56) | Control group (n=57) | Between-group comparison at 12-week FU |
|--------------------------|---------------------------|----------------------|---------------------------------------|
|                          | Baseline                  | 12-week              | Within-group                          | Baseline                  | 12-week              | Within-group                          | Adjusted mean difference (95% CI) | P-value | Cohen’s d |
|                          | Mean ± SD                 | follow-up             | difference                             | Mean ± SD                 | follow-up             | difference                             | P-value | Cohen’s d |
| Exercise self-efficacy and intention |                          |                      |                                       |                          |                      |                                       |                                  |
| Knowledge of ZTEX        | 7.1 ± 2.7                 | 7.8 ± 1.7             | 0.07                                  | 0.25                     | ---                  | ---                                    | ---                  | ---     |
| Self-efficacy of doing ZTEX | 6.7 ± 2.2                | 6.7 ± 1.8             | 0.01                                  | 0.02                     | ---                  | ---                                    | ---                  | ---     |
| Expectancy on ZTEX       | 7.2 ± 2.2                 | 7.6 ± 1.9             | 0.24                                  | 0.16                     | ---                  | ---                                    | ---                  | ---     |
| Plan of doing ZTEX       | 7.1 ± 2.3                 | 6.9 ± 2.0             | 0.51                                  | -0.09                    | ---                  | ---                                    | ---                  | ---     |
| Physical fitness         |                          |                      |                                       |                          |                      |                                       |                                  |
| Body composition         |                          |                      |                                       |                          |                      |                                       |                                  |
| Bodyweight, Kg           | 70.1 ± 12.0               | 70.1 ± 11.9           | 0.98                                  | 0.00                     | 74.3 ± 11.7           | 74.1 ± 11.6                        | 0.49                  | -0.02  | 0.08 (-0.57, 0.74) | 0.81 | 0.04    |
| Body fat, %              | 30.3 ± 5.8                | 29.9 ± 6.4            | 0.30                                  | -0.14                    | 29.2 ± 5.6            | 29.0 ± 5.5                        | 0.75                  | -0.04  | -0.24 (-1.30, 0.81) | 0.65 | -0.08   |
| Waist circumference, cm  | 92.4 ± 10.2               | 91.8 ± 9.8            | 0.13                                  | -0.06                    | 96.3 ± 10.2           | 96.4 ± 8.6                         | 0.84                  | 0.02   | -1.40 (-2.96, 0.17) | 0.08 | -0.32   |
| Muscle strength          |                          |                      |                                       |                          |                      |                                       |                                  |
| Handgrip test (right), kg| 30.2 ± 20.7               | 27.7 ± 7.8            | 0.32                                  | -0.16                    | 28.4 ± 9.5            | 29.5 ± 10.2                       | 0.13                  | 0.11   | -1.36 (-3.97, 1.26) | 0.31 | -0.18   |
| Handgrip test (left), kg | 26.9 ± 9.0                | 26.9 ± 7.9            | 0.98                                  | 0.00                     | 26.8 ± 9.7            | 27.2 ± 9.9                        | 0.60                  | 0.04   | -0.02 (-1.89, 1.85) | 0.98 | 0.00    |
| 30-sec chair stand test, no. of stands | 15.6 ± 7.1               | 17.7 ± 6.5            | 0.01*                                 | 0.30                     | 15.2 ± 4.3            | 15.9 ± 5.2                        | 0.20                  | 0.16   | 1.32 (-0.46, 3.10) | 0.15 | 0.27    |
| Perceived happiness and health |                      |                      |                                       |                          |                      |                                       |                                  |
| Perceived happiness      | 6.8 ± 1.7                 | 7.3 ± 1.7             | <0.001***                             | 0.33                     | 7.2 ± 2.0             | 7.4 ± 1.9                        | 0.39                  | 0.09   | 0.24 (-0.22, 0.70) | 0.30 | 0.19    |
| Perceived health         | 6.3 ± 2.0                 | 6.2 ± 1.7             | 0.80                                  | -0.03                    | 6.2 ± 1.8             | 6.4 ± 2.1                        | 0.44                  | 0.13   | -0.22 (-0.87, 0.43) | 0.51 | -0.12   |
| Quality of life          |                          |                      |                                       |                          |                      |                                       |                                  |
| Physical health          | 14.4 ± 1.5                | 15.4 ± 1.9            | <0.001***                             | 0.60                     | 14.2 ± 2.1            | 15.0 ± 2.1                        | 0.005**               | 0.37   | 0.36 (-0.30, 1.03) | 0.28 | 0.20    |
| Psychological            | 13.0 ± 1.5                | 15.3 ± 2.3            | <0.001***                             | 1.18                     | 12.6 ± 2.0            | 14.8 ± 2.5                        | <0.001***              | 0.96   | 0.27 (-0.55, 1.09) | 0.52 | 0.12    |
| Social Relationships     | 14.9 ± 2.1                | 15.0 ± 2.2            | 0.63                                  | 0.07                     | 14.9 ± 2.7            | 14.1 ± 2.2                        | 0.01*                 | -0.32  | 0.93 (0.22, 1.65) | 0.01* | 0.47    |
| Environment              | 15.3 ± 1.8                | 15.6 ± 1.8            | 0.26                                  | 0.16                     | 14.9 ± 2.3            | 14.8 ± 2.1                        | 0.62                  | -0.06  | 0.61 (-0.02, 1.24) | 0.06 | 0.35    |

ZTEX: Zero-time exercise refers to simple strength- and stamina-enhancing physical activity.
Exercise self-efficacy and intention regarding ZTEX using a scale of 0-10 for each question; higher scores indicate better outcomes.
Perceived happiness and health using a scale of 0-10; higher scores indicate better outcomes.
Quality of life using a WHO Quality of Life-Short Form (WHOQOL-BREF) with a 5-point Likert scale; higher scores indicate better quality of life.
Within-group comparison during the 12-week follow-up was increased by paired sample t-test; *P <0.05, *** P <0.001
The between-group comparison was done by linear mixed model, adjusted for age, sex and baseline values; P <0.05
Effect size (Cohen’s d): small, 0.2; moderate, 0.5; large, 0.8