1135 eligible workers from 7 companies were invited to participate

430 signed an informed consent and participated in the baseline measurements

411 participants had valid questionnaire data

401 participants had valid objective data of physical activity and heart rate

Response rate: 38%

19 workers did not participate in the questionnaire screening

10 workers did not participate in the objective ambulatory registration

**Figure S1**: Flowchart of the recruitment of the study population