

Additional file 2: Table S2. Mean total per-week adherence to intervention tips, Weeks 2-8, Samples 1 and 2.

<i>Tips</i>	<i>Week</i>	<i>Adherence</i>					
		<i>Sample 1</i>			<i>Sample 2</i>		
		<i>N</i>	<i>Range</i>	<i>Mean adherence (SD)</i>	<i>N</i>	<i>Range</i>	<i>Mean adherence (SD)</i>
“1. Leave the house daily: Ensure that you go out at least once a day.”	Week (W) 2	11	0-100%	59.74% (35.47)	22	0-100%	82.47% (26.43)
	W3	11	0-100%	50.65% (42.07)	22	0-100%	85.06% (26.63)
	W4	11	0-100%	59.74% (42.77)	22	14-100%	85.71% (25.33)
	W5	11	0-100%	54.55% (41.81)	22	14-100%	83.12% (23.59)

	W6	11	0-100%	49.35% (45.34)	21	0-100%	80.95% (28.33)
	W7	11	0-100%	45.45% (45.54)	21	0-100%	75.51% (32.31)
	W8	10	0-100%	40.00% (40.85)	21	0-100%	71.43% (37.25)
“2. Make ad breaks active: When you watch TV, stand up or walk around during breaks between programmes.”	W2	11	0-100%	67.53% (45.22)	21	0-100%	71.43% (36.70)
	W3	11	0-100%	59.74% (49.00)	21	0-100%	66.67% (42.94)
	W4	11	0-100%	66.23% (44.39)	21	0-100%	60.54% (40.63)
	W5	11	0-100%	62.34%	21	0-100%	55.10%

				(44.85)			(40.48)
	W6	11	0-100%	64.94%	20	0-100%	60.71%
				44.89			(46.32)
	W7	11	0-100%	59.74%	20	0-100%	62.86%
				(45.99)			(41.30)
	W8	11	0-100%	45.45%	20	0-100%	50.71%
				(45.54)			(45.76)
“3. Take a stand: Stand up when waiting for a bus or train.”	W2	11	0-100%	37.66%	22	0-100%	66.23%
				(49.60)			(38.06)
	W3	11	0-100%	44.16%	22	0-100%	67.53%
				(45.83)			(43.68)
	W4	11	0-100%	42.86%	22	0-100%	61.04%
				(47.38)			(43.46)
	W5	11	0-100%	41.56%	22	0-100%	58.44%

				(43.54)			(43.62)
	W6	11	0-100%	40.26%	21	0-100%	61.22%
				(44.18)			(43.36)
	W7	11	0-100%	37.66%	21	0-100%	63.95%
				(41.54)			(43.48)
	W8	11	0-100%	27.27%	21	0-100%	59.18%
				(39.62)			(41.47)
“4. Time to stretch: If you are using a computer, set an alarm to go off every 20 minutes. When it rings, stand up and stretch.”	W2	11	0-100%	64.94%	22	0-100%	60.39%
				(43.97)			(42.27)
	W3	11	0-100%	49.35%	22	0-100%	61.69%
				(47.11)			(40.98)
	W4	11	0-100%	40.26%	22	0-100%	64.29%
				(47.30)			(41.06)

	W5	11	0-100%	45.45% (46.43)	22	0-100%	58.44% (41.10)
	W6	11	0-100%	41.56% (49.26)	21	0-100%	63.27% (43.70)
	W7	11	0-100%	37.66% (45.75)	21	0-100%	63.27% (41.05)
	W8	11	0-100%	23.38% (39.52)	21	0-100%	52.38% (44.80)
“5. Tiptoe through the queue: When waiting in a queue ... stand on your tip toes and then drop back down onto your heels gently.”	W2	11	0-100%	35.06% (42.55)	22	0-100%	41.56% (39.16)
	W3	11	0-100%	19.48% (35.15)	22	0-100%	42.21% (41.23)
	W4	11	0-86%	14.29%	22	0-100%	35.71%

				(31.94)			(42.23)
	W5	11	0-100%	12.99%	22	0-100%	35.06%
							(38.62)
	W6	11	0-43%	7.79%	21	0-100%	31.97%
				(17.34)			(38.04)
	W7	11	0-43%	6.49%	21	0-100%	38.78%
				(14.80)			(40.19)
	W8	11	0-57%	7.79%	21	0-100%	40.14%
				(18.48)			(41.56)
“6. Watch your step: Set a target of walking at least 1500 steps each day.”	W2	11	0-100%	44.16%	22	0-100%	50.00%
				(45.83)			(43.59)
	W3	11	0-100%	45.45%	22	0-100%	46.75%
				(48.16)			(45.00)
	W4	11	0-100%	50.65%	22	0-100%	48.70%

				(50.05)			(45.74)
	W5	11	0-100%	48.05%	22	0-100%	45.45%
				(47.50)			(42.43)
	W6	11	0-100%	44.16%	21	0-100%	48.30%
				(47.15)			(42.49)
	W7	11	0-100%	31.17%	21	0-100%	45.58%
				(45.99)			(44.41)
	W8	11	0-100%	19.48%	21	0-100%	51.02%
				(32.75)			(47.50)
“7. Sit to stand with no hands: Each time you stand up, try doing it without using your hands.”	W2	11	0-100%	54.55%	22	14-100%	82.47%
				(47.30)			(26.43)
	W3	11	0-100%	61.04%	22	14-100%	83.77%
				(44.76)			(25.44)
	W4	11	0-100%	57.14%	22	0-100%	74.68%

				(42.86)			(37.39)
	W5	11	0-100%	51.95%	22	0-100%	62.99%
				(46.19)			(42.67)
	W6	11	0-100%	45.45%	21	0-100%	68.03%
				(46.43)			(41.13)
	W7	11	0-100%	48.05%	21	0-100%	68.03%
				(46.19)			(40.13)
	W8	11	0-100%	29.87%	21	0-100%	70.75%
				(38.04)			(41.28)
“8. Improve your posture: Stand with your back to the wall with your heels two inches from it ... and move the back of your head towards the wall.”	W2	11	0-100%	38.96%	22	0-100%	62.34%
				(46.55)			(39.32)
	W3	11	0-100%	42.86%	22	0-100%	61.69%
				(49.49)			(41.91)

	W4	11	0-100%	41.56% (48.43)	22	0-100%	64.94% (43.58)
	W5	11	0-100%	37.66% (40.54)	22	0-100%	49.35% (41.99)
	W6	11	0-100%	40.26% (49.00)	21	0-100%	50.34% (42.04)
	W7	11	0-100%	35.06% (45.34)	21	0-100%	55.78% (47.58)
	W8	11	0-100%	27.27% (44.01)	21	0-100%	48.30% (45.73)
"9. Limber up:							
9a. Calf stretch	W2	11	0-100%	54.55% (52.22)	22	0-100%	66.88% (44.17)

	W3	11	0-100%	53.25% (51.15)	22	0-100%	64.94% (43.81)
	W4	11	0-100%	61.04% (48.69)	22	0-100%	59.74% (45.31)
	W5	11	0-100%	48.05% (50.42)	22	0-100%	54.55% (45.95)
	W6	11	0-100%	50.65% (50.05)	21	0-100%	49.66% (42.77)
	W7	11	0-100%	57.14% (49.90)	21	0-100%	57.14% (45.18)
	W8	11	0-100%	41.56% (47.58)	21	0-100%	54.42% (47.73)
9b. Chest stretch	W2	11	0-100%	62.34% (49.60)	22	0-100%	63.64% (39.12)

	W3	11	0-100%	58.44% (48.00)	22	0-100%	61.69% (42.83)
	W4	11	0-100%	51.95% (45.75)	22	0-100%	69.48% (37.74)
	W5	11	0-100%	58.44% (44.93)	22	0-100%	57.79% (38.81)
	W6	11	0-100%	53.25% (47.85)	21	0-100%	61.90% (41.24)
	W7	11	0-100%	58.44% (49.26)	21	0-100%	59.18% (42.45)
	W8	11	0-100%	40.26% (48.16)	21	0-100%	54.42% (45.09)
9c. Toe rises	W2	11	0-100%	55.84% (47.15)	22	0-100%	69.48% (34.23)

	W3	11	0-100%	50.65% (48.81)	22	0-100%	70.13% (37.12)
	W4	11	0-100%	51.95% (50.01)	22	0-100%	62.99% (41.51)
	W5	11	0-100%	49.35% (48.81)	22	0-100%	59.09% (40.72)
	W6	11	0-100%	55.84% (47.58)	21	0-100%	58.50% (39.62)
	W7	11	0-100%	44.16% (50.89)	21	0-100%	60.54% (38.57)
	W8	11	0-100%	23.38% (39.52)	21	0-100%	59.18% (41.72)
9d. Walk as if on a tightrope across the floor	W2	11	0-100%	44.16% (44.93)	22	0-100%	58.44% (41.57)

	W3	11	0-100%	37.66% (45.75)	22	0-100%	59.74% (42.43)
	W4	11	0-100%	45.45% (45.09)	22	0-100%	52.60% (46.11)
	W5	11	0-100%	42.86% (48.23)	22	0-100%	43.51% (41.94)
	W6	11	0-100%	35.06% (44.89)	21	0-100%	40.82% (44.56)
	W7	11	0-100%	27.27% (46.71)	21	0-100%	38.10% (41.24)
	W8	11	0-100%	18.18% (32.63)	21	0-100%	37.41% (41.77)
9e. March on the spot	W2	11	0-100%	51.95% (48.77)	22	0-100%	65.58% (41.98)

	W3	11	0-100%	50.65% (48.77)	22	0-100%	66.88% (42.83)
	W4	11	0-100%	41.56% (46.71)	22	0-100%	54.55% (46.58)
	W5	11	0-100%	35.06% (45.34)	22	0-100%	50.65% (43.81)
	W6	11	0-100%	32.47% (46.55)	21	0-100%	51.70% (44.83)
	W7	11	0-100%	35.06% (44.89)	21	0-100%	46.26% (46.71)
	W8	11	0-100%	15.58% (30.27)	21	0-100%	44.90% (43.40)
9f. Walk your fingers up the wall	W2	11	0-100%	48.05% (47.93)	22	0-100%	57.79% (42.40)

	W3	11	0-100%	45.45% (49.82)	22	0-100%	56.49% (43.75)
	W4	11	0-100%	37.66% (44.39)	22	0-100%	50.00% (44.69)
	W5	11	0-100%	32.47% (46.55)	22	0-100%	44.81% (41.19)
	W6	11	0-100%	23.38% (41.54)	21	0-100%	44.22% (42.11)
	W7	11	0-100%	27.27% (46.71)	21	0-100%	42.86% (43.10)
	W8	11	0-71%	12.99% (25.92)	21	0-100%	36.73% (42.03)
9g. Lift a tin of food in each hand.”	W2	11	0-100%	44.16% (46.27)	22	0-100%	46.75% (46.07)

	W3	11	0-100%	48.05% (44.85)	22	0-100%	43.51% (41.23)
	W4	11	0-100%	44.16% (47.15)	22	0-100%	48.05% (46.35)
	W5	11	0-100%	48.05% (44.85)	22	0-100%	38.96% (43.91)
	W6	11	0-100%	50.65% (50.05)	21	0-100%	38.10% (41.49)
	W7	11	0-100%	53.25% (51.15)	21	0-100%	34.01% (41.52)
	W8	11	0-100%	18.18% (31.36)	21	0-100%	31.29% (39.54%)
“10. Wall push-ups: do 10-push ups against a wall each morning.”	W2	11	0-100%	61.04% (49.11)	22	0-100%	68.83% (40.08)

	W3	11	0-100%	62.34% (49.60)	22	0-100%	65.58% (37.58)
	W4	11	0-100%	54.55% (45.99)	22	0-100%	68.18% (39.42)
	W5	11	0-100%	48.05% (43.93)	22	0-100%	57.79% (38.05)
	W6	11	0-100%	48.05% (47.93)	21	0-100%	57.14% (40.66)
	W7	11	0-100%	49.35% (48.81)	21	0-100%	51.02% (41.55)
	W8	11	0-100%	28.57% (39.90)	21	0-100%	50.34% (42.29)

SD = Standard deviation, W = week number.