**Supplementary Table 1**. Physical activity characteristics measured by accelerometry before lifestyle intervention in children (N = 106) with abdominal obesity.

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|  | **Weekdays** | **Weekend days** | **p** |
| METS | 1.55 (0.20) | 1.48 (0.20) | **<0.001** |
| CPM | 607.17 (193.93) | 519.68 (194.05) | **<0.001** |
| Sedentary PA (min) | 986.97 (107.31) | 1030.72 (112.70) | **<0.001** |
| LPA (min) | 402.30 (101.59) | 374.15 (103.24) | **<0.001** |
| MVPA (min) | 48.04 (26.69) | 34.92 (25.21) | **<0.001** |
| Steps (number) | 10832 (3470) | 8795 (3894) | **<0.001** |

Values are means (SD). Abdominal obesity was defined as WC above the sex and age-specific 90th percentile.

Abbreviations: CPM, counts per minute; LPA, light physical activity; MVPA, moderate-to-vigorous physical activity; PA, physical activity