**Gender**
- Female (ref.): 178
- Male: 84

**Occupational status**
- Clerical employees (ref.): 234
- Experts and managers: 28

**Age (yr)**
- < 40: 86
- 40–49 (ref.): 93
- ≥ 50: 83

**Physical activity (ACSM guideline)**
- Met (ref.): 180
- Not met: 82

**Sick days during intervention**
- At most 7 (ref.): 191
- More than 7: 71

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Subgroup # of subjects Difference (to ref.)

**MET minutes/week**
- favor control
- favor intervention
- MET minutes/week