

Table 1 General Characteristics of the Sample by Group.

Characteristic	Control (n = 40)		Experimental (n = 40)		p Value <sup>a</sup>
	n (%)	Mean ± S.D.	n (%)	Mean ± S.D.	
<b>1. Gender</b>					
Male	18 (45.0)		16 (40.0)		0.21 <sup>a1</sup>
Female	22 (55.0)		24 (60.0)		
<b>2. Age (years)</b>		29.20 ± 6.48		29.98 ± 4.41	0.63 <sup>a2</sup>
20 - 29	21 (52.5)		21 (52.5)		
30 - 39	19 (47.5)		19 (47.5)		
<b>3. Occupation</b>					
Office worker	14 (35.0)		18 (45.0)		2.19 <sup>a1</sup>
Not an office worker	16 (40.0)		17 (42.5)		
Unemployed	10 (25.0)		5 (12.5)		
<b>4. Currently have a chronic illness/condition</b>					
Yes	10 (25.0)		11 (27.5)		0.07 <sup>a1</sup>
No	30 (75.0)		29 (72.5)		
<b>5. Received education about PA</b>					
Yes	29 (72.5)		31 (77.5)		0.27 <sup>a1</sup>
No	11 (27.5)		9 (22.5)		
<b>6. MVPA (min/week)</b>		43.55 ± 62.15		62.15 ± 89.38	0.29 <sup>a2</sup>

Table 2 Comparison of Change of Stage of Behavior by Group and Round of Data Collection.

	Group	Stage of Change (n)		
		Contemplation	Preparation	Action
Baseline	Control	40	0	0
	Experimental	40	0	0
Post-test	Control	20	6	14
	Experimental	6	9	25

Table 3 Comparison of Differences in Duration of PA by Group after the Intervention.

Variable	Group	Post-test	Difference (Mean $\pm$ SEMd)	<i>p</i> Value <sup>a</sup>
		Mean $\pm$ S.D.		
MVPA (min/week)	Control	164.05 $\pm$ 202.84	119.48 $\pm$ 54.57	2.19*
	Experimental	283.13 $\pm$ 279.22		

Table 4 Difference in Duration of PA by Group and Round of Data Collection.

Variable	Group	Mean $\pm$ S.D.		Difference (Mean $\pm$ S.D.)	<i>p</i> Value <sup>a</sup>
		Baseline	Post-test		
MVPA (min/week)	Experimental	61.75 $\pm$ 89.38	283.13 $\pm$ 279.22	221.38 $\pm$ 296.25	4.73***