

Table S1. Association of month-to-month changes in steps per day with month-to-month changes in blood pressure^a using 15 wearing days per month of physical activity trackers and 15 blood pressure measurement per month

	Normal weight (n=1,695)		Overweight (n=2,725)		Obese (n=1,917)	
	β	<i>P</i>	β	<i>P</i>	β	<i>P</i>
Systolic blood pressure						
Decrease of more than 3,000 steps per day	0.48	0.20	0.59	0.11	0.46	0.41
Decrease between 3,000 and 1,000 steps per day	0.25	0.27	0.14	0.49	0.52	0.16
Change between -1,000 and 1,000 steps per day	0 (Ref.)		0 (Ref.)		0 (Ref.)	
Increase between 1,000 and 3,000 steps per day	-0.31	0.21	-0.77	0.001	-0.15	0.32
Increase of more than 3,000 steps per day	-0.95	0.01	-1.37	<.0001	-1.43	0.004
<i>P</i> for trend	0.02		<.0001		0.0001	
Diastolic blood pressure						
Decrease of more than 3,000 steps per day	0.39	0.10	0.42	0.09	0.30	0.41
Decrease between 3,000 and 1,000 steps per day	0.17	0.60	0.27	0.58	0.58	0.003
Change between -1,000 and 1,000 steps per day	0 (Ref.)		0 (Ref.)		0 (Ref.)	
Increase between 1,000 and 3,000 steps per day	-0.18	0.25	-0.56	0.0001	-0.27	0.16
Increase of more than 3,000 steps per day	-0.62	0.01	-1.29	<.0001	-1.84	<.0001
<i>P</i> for trend	0.01		<.0001		<.0001	

^a Models were adjusted on age, sex, the number of day where the tracker was worn, monthly blood pressure measurements and daily blood pressure measurements for days with at least one blood pressure measurement

Table S2. Association of month-to-month changes in steps per day with month-to-month changes in blood pressure^a using 20 wearing days per month of physical activity trackers and 20 blood pressure measurement per month

	Normal weight (n=1,319)		Overweight (n=2,126)		Obese (n=1,416)	
	β	<i>P</i>	β	<i>P</i>	β	<i>P</i>
Systolic blood pressure						
Decrease of more than 3,000 steps per day	0.49	0.25	0.70	0.11	0.79	0.03
Decrease between 3,000 and 1,000 steps per day	0.29	0.31	0.10	0.67	0.15	0.81
Change between -1,000 and 1,000 steps per day	0 (Ref.)		0 (Ref.)		0 (Ref.)	
Increase between 1,000 and 3,000 steps per day	-0.25	0.37	-0.84	0.001	0.22	0.77
Increase of more than 3,000 steps per day	-0.89	0.04	-1.27	0.003	-1.04	0.07
<i>P</i> for trend	0.05		<.0001		0.04	
Diastolic blood pressure						
Decrease of more than 3,000 steps per day	0.38	0.15	0.50	0.08	-0.08	0.87
Decrease between 3,000 and 1,000 steps per day	-0.03	0.87	0.05	0.76	0.32	0.22
Change between -1,000 and 1,000 steps per day	0 (Ref.)		0 (Ref.)		0 (Ref.)	
Increase between 1,000 and 3,000 steps per day	-0.24	0.18	-0.61	0.0002	-0.26	0.29
Increase of more than 3,000 steps per day	-0.51	0.07	-1.30	<.0001	-1.43	0.0002
<i>P</i> for trend	0.01		<.0001		0.0001	

^a Models were adjusted on age, sex, the number of day where the tracker was worn, monthly blood pressure measurements and daily blood pressure measurements for days with at least one blood pressure measurement