

**Supplemental Materials**

**Table S1**

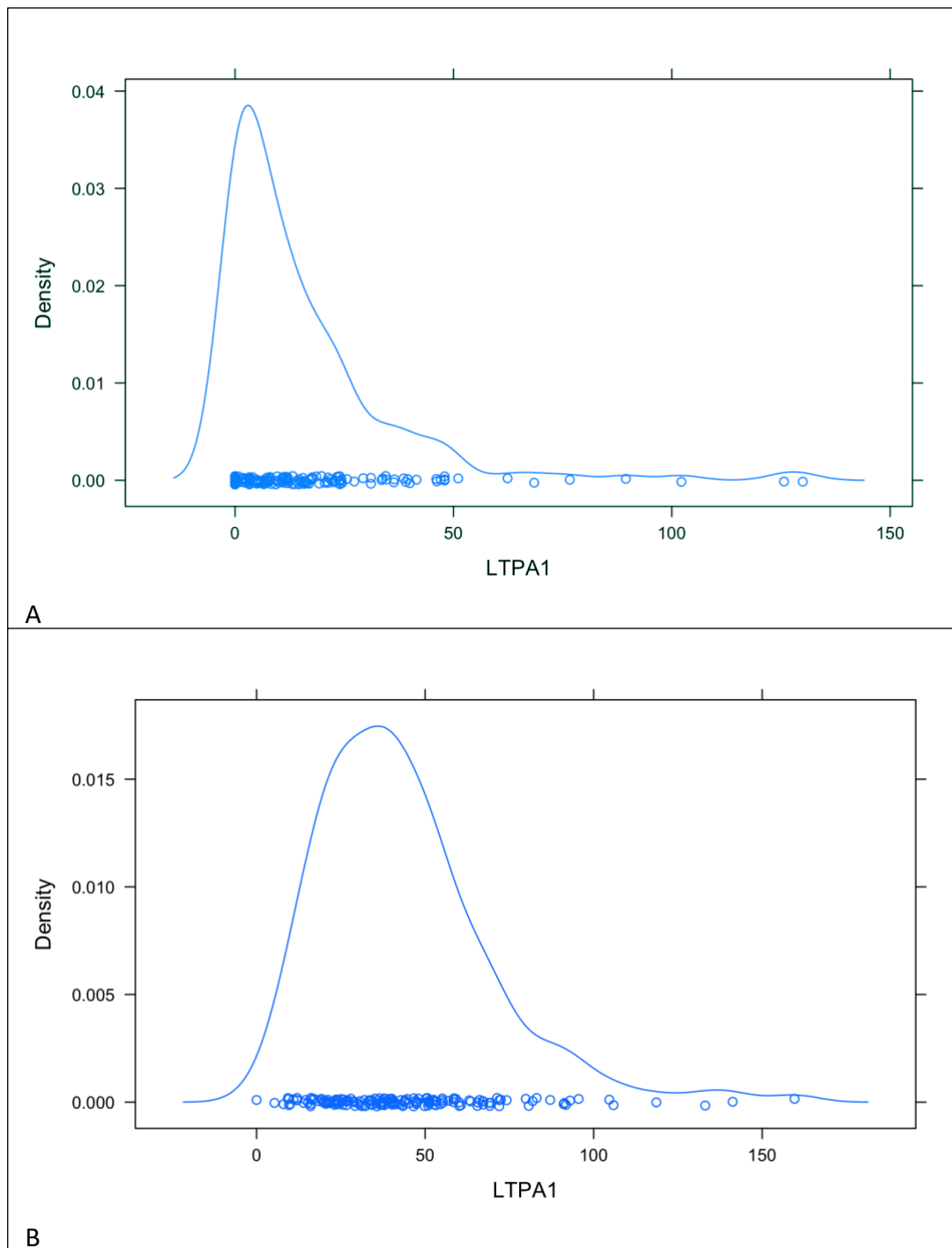
*Overview of Measured Constructs and Related Scales*

<b>Construct</b>	<b>Scale</b>
Leisure-time physical activity	International Physical Activity Questionnaire, long version, last 7 days, leisure-time scale
Job demands	Job Content Questionnaire, demands scale
Job control	Job Content Questionnaire, control scale
Worktime control	Worktime Control Access subscale
Fatigue	Fatigue Assessment Scale
Motivation for physical activity (Autonomous, Controlled and Amotivation)	BREQ-4
Physical activities in non-leisure domains	SQUASH
Spontaneous action planning	-
Gender	-
Age	-
Highest level of completed education	-
Contractual working hours	-
BMI	-
Social composition of leisure-time physical activities	-
Control over timing of leisure-time physical activities (i.e., fixed or unfixed training moments)	-
Household composition	-
Hours worked overtime	-
Dog ownership	-

*Note.* See original manuscript for full references of the scales used.

**Figure S1**

*Distribution of LTPA for Employees with Low (A) and High (B) Autonomous Motivation*



*Note.* Standardized autonomous motivation below -1 was 'low' (Panel A) and standardized autonomous motivation above 1 'high' (Panel B).