

Computer workers (N= ± 8000)

Responded to short
questionnaire (N=1870)

No response
(N= ± 6125)

Excluded (N = 1409)

- refused to participate (N = 939)
- did not meet all inclusion criteria (N= 470)

Randomisation (N= 466)

**Intervention
group 1**
Work style
group
(N=152)

**Intervention
group 2**
Work style
and physical
activity group
(N=156)

Control group
(N=158)