







**Supplemental Fig. 2. A.** cfPWV and caPWV responses to prolonged sitting in seated vs. a supine posture across sex groups. Generalized linear mixed (GLM) models examined the main effects of sex, time, posture, and their interaction on cfPWV and caPWV responses. β coefficients represent the main effect of sex, interaction between sex and change in cfPWV or caPWV over the entire experiment (sex\*time), interaction between sex and differences in cfPWV or caPWV comparing sitting to supine (sex\*posture), and the interaction between sex and time-by-posture (sex\*time\*posture). Males served as the reference group for sex comparison.

Abbreviations: caPWV: carotid-ankle pulse wave velocity; cfPWV: carotid-femoral pulse wave velocity; d: Cohen’s d; SE: standard error.

Bold indicates significant effect (p < 0.05).







**Supplemental Fig. 2. B.** crPWV responses to prolonged sitting in seated vs. a supine posture across sex groups. Generalized linear mixed (GLM) models examined the main effects of sex, time, posture, and their interaction on crPWV responses. β coefficients represent the main effect of sex, interaction between sex and change in crPWV over the entire experiment (sex\*time), interaction between sex and differences in crPWV comparing sitting to supine (sex\*posture), and the interaction between sex and time-by-posture (sex\*time\*posture). Males served as the reference group for sex comparison.

Abbreviations: crPWV: carotid-radial pulse wave velocity; d: Cohen’s d; SE: standard error.

Bold indicates significant effect (p < 0.05).