

Table S5: Physiological Outcomes (Intention-To-Treat Analysis)

	Baseline	Follow-up	Within-group change	Between-group difference
Intention-to-treat	Mean (SD)	Mean (SD)	Change (95% CI)	Difference (95% CI)
Diastolic blood pressure (mmHg)				
EX	89.5 (10.0)	85.4 (6.7)	-3.3 (-6.2 to -0.5)	-5.0 (-10.0 to -0.1)
CON	87.5 (12.5)	90.7 (12.7)	1.7 (-2.3 to 5.7)	
Systolic blood pressure (mmHg)				
EX	142.8 (19.4)	138.0 (16.2)	-2.3 (7.9 to 3.3)	-6.8 (-16.5 to 3.0)
CON	140.2 (19.5)	148.5 (19.1)	4.4 (3.5 to 12.4)	
Maximum heart rate (beats/min)				
EX	164.4 (14.1)	156.0 (13.7)	-7.8 (-12.2 to -3.3)	-10.5 (-2.5 to -2.7)
CON	154.2 (14.3)	154.3 (10.0)	2.8 (-3.9 to 9.5)	
Resting heart rate (beats/min)				
EX	68.1 (12.4)	59.6 (9.6)	-8.9 (-13.7 to -4.0)	-7.1 (-15.5 to 1.3)
CON	62.9 (9.1)	59.2 (6.8)	-1.8 (-8.6 to 5.1)	
W_{peak} (watt)				
EX	235.8 (45.2)	251.1 (45.9)	11.0 (2.2 to 19.8)	7.8 (-7.7 to 23.4)
CON	208.9 (45.1)	212.6 (46.2)	3.2 (-9.7 to 16.0)	
Android fat mass (kg)				
EX	2.89 (0.94)	2.71 (0.86)	-0.18 (-0.30 to -0.06)	-12.5 (-0.23 to 0.20)
CON	2.78 (1.24)	2.61 (1.31)	-0.17 (-0.35 to 0.01)	
Android fat percentage (%)				
EX	40.1 (8.9)	38.6 (8.6)	-1.5 (-2.5 to -0.4)	1.02 (-1.0 to 3.0)
CON	38.2 (10.7)	35.4 (12.7)	-2.5 (-4.1 to -0.8)	
BMI (kg/m²)				
EX	26.8 (2.5)	26.8 (2.4)	0.1 (-0.2 to 0.3)	0.3 (-0.2 to 0.8)
CON	27.2 (3.8)	27.3 (3.9)	-0.3 (-0.7 to 0.1)	
Total fat percentage (%)				
EX	29.3 (6.1)	28.1 (6.0)	-1.2 (-2.0 to -0.3)	0.4 (-1.1 to 2.0)
CON	28.5 (6.7)	27.1 (8.3)	-1.6 (-3.0 to -0.3)	
Gynoid fat percentage (%)				
EX	29.7 (5.8)	28.5 (5.9)	-1.2 (-2.5 to 0.1)	-0.8 (-3.3 to 1.7)
CON	30.7 (5.2)	30.9 (8.1)	-0.4 (-2.5 to 1.7)	

Gynoid fat mass (kg)				
EX	3.62 (0.84)	3.50 (0.85)	-0.12 (-0.24 to 0.01)	0.13 (-0.10 to 0.37)
CON	3.64 (0.95)	3.54 (1.04)	-0.25 (-0.45 to -0.05)	
Hip circumference (cm)				
EX	101.3 (3.7)	102.1 (4.3)	0.8 (-0.5 to 2.1)	1.5 (-1.0 to 3.9)
CON	101.6 (5.8)	101.6 (6.0)	-0.7 (-2.7 to 1.4)	
Waist circumference (cm)				
EX	100.9 (8.9)	100.6 (8.1)	-0.3 (-1.9 to 1.3)	0.6 (-2.4 to 3.5)
CON	101.5 (12.2)	101.6 (13.5)	-0.8 (-3.3 to 1.7)	
Weight (kg)				
EX	86.1 (8.7)	86.2 (8.3)	0.10 (-0.7 to 0.9)	1.0 (-0.5 to 2.6)
CON	84.3 (13.0)	84.1 (12.9)	-0.9 (-2.3 to 0.4)	
C-peptid (pmol/l)				
EX	856.63 (247.48)	748.63 (246.71)	-101.6 (-171 to -32.2)	-70.1 (-195 to 54.7)
CON	891.40 (363.75)	804.62 (227.59)	-31.5 (-135 to 72.3)	
Fasting glucose mmol/l				
EX	5.5 (0.5)	5.6 (0.5)	0.09 (-0.1 to 0.3)	0.3 (-0.1 to 0.7)
CON	5.7 (0.5)	5.5 (0.4)	-0.2 (-0.6 to 0.1)	
Insulin (pm/l)				
EX	72.32 (29.89)	60.58 (28.92)	-11.82 (-22.7 to -0.97)	-10.8 (-31.2 to 9.62)
CON	75.10 (61.49)	57.86 (36.45)	-1.03 (-18.3 to 16.25)	
HbA1c (mmol/mol)				
EX	35 (2.7)	35 (2.7)	-0.2 (-0.9 to 0.5)	-0.3 (-1.6 to 1.1)
CON	36 (2.8)	36 (2.3)	0.1 (-1.1 to 1.2)	
HDL Cholesterol (mmol/l)				
EX	1.5 (0.3)	1.4 (0.3)	-0.1 (-0.10 to 0.01)	-0.13 (-0.3 to - 0.01)
CON	1.3 (0.2)	1.4 (0.2)	0.1 (-0.03 to 0.18)	
LDL Cholesterol (mmol/l)				
EX	3.5 (0.9)	3.3 (0.9)	-0.2 (-0.5 to 0.1)	-0.3 (-0.8 to 0.2)
CON	3.3 (0.8)	3.5 (1.2)	0.1 (-0.4 to 0.47)	
Total cholesterol (mmol/l)				
EX	5.3 (0.9)	4.9 (0.9)	-0.4 (-0.7 to -0.1)	-0.4 (-0.9 to 0.1)
CON	4.9 (0.9)	5.1 (1.2)	0.01 (-0.4 to 0.5)	
Triglycerides (mmol/l)				
EX	1.4 (0.8)	1.3 (1.0)	-0.1 (-0.4 to 0.2)	0.18 (-0.4 to 0.7)
CON	1.3 (0.5)	1.1 (0.4)	-0.3 (-0.7 to 0.2)	
Leucocytes (10⁹/L)				
EX	5.84 (1.76)	5.52 (1.61)	-0.32 (-0.68 to 0.04)	-0.37 (-1.03 to 0.28)

CON	6.30 (2.73)	5.86 (1.90)	0.05 (-0.50 to 0.60)	
Neutrophils (10⁹/L)				
EX	3.61 (1.29)	3.19 (1.11)	-0.42 (-0.74 to -0.10)	-0.42 (-1.02 to 0.18)
CON	3.95 (2.39)	3.50 (1.37)	0.005 (-0.50 to 0.51)	
IL-1Ra (pg/ml)				
EX	160.38 (73.48)	163.16 (55.03)	2.77 (-26.9 to 32.4)	22.8 (- 32.0 to 77.7)
CON	199.80 (132.26)	175.71 (77.97)	-20.05 (-66.2 to 26.1)	
Cortisol (nmol/l)				
EX	297.6 (103.6)	277.7 (80.5)	-20.0 (-65.2 to 25.1)	-33.7 (-115 to 47)
CON	275.5 (97.2)	283.4 (89.6)	13.7 (-53.3 to 80.7)	

Means (SD) are based on all available data for EX and CON at baseline and follow-up (intention-to-treat analysis EX, n=20 at baseline and follow-up; CON, baseline n=10 and follow-up n=8). The mean differences are estimated means from the mixed models, and therefore, within-group change may not reflect the numerical difference between baseline and follow-up.

Abbreviations: BMI, body mass index; CON, control group; EX, exercise group; HDL, high-density lipoproteins; IL, interleukin; LDL, low-density lipoproteins; Ra, receptor antagonist; W_{peak} , peak power output.