

Supplemental Material

Raw data mean and (standard deviation) of relevant outcome variables

Measurement	Control Group n = 19	Intervention Groups n = 17	
		I ₁₅₋₂₀ n = 9	I ₂₀₋₃₀ n = 8
Height (cm)	165.83 (6.43)	165.07 (5.72)	166.57 (7.32)
Weight (kg)	76.01 (10.59)	76.88 (12.88)	73.50 (8.93)
Age (years)	34.71 (10.37)	39.33 (7.77)	32.57 (6.75)
MTF (N): Baseline	2.01 (0.73)	1.94 (0.94)	2.12 (0.78)
MTF (N): 6 hours	2.00 (0.855)		
MTF (N): 12 hours	1.54 (0.62)	1.94 (0.82)	2.05 (0.78)
VOL (grams): Baseline	3142.37 (339.05)	3163.5 (431.34)	3198.75 (351.88)
VOL (grams): 6 hours	3189.2 (318.99)		
VOL (grams): 12 hours	3183.73 (326.67)	3167.75(428.45)	3228.12 (357.45)
Discomfort feet: Baseline	3.22 (2.57)	2.04 (1.34)	1.9 (1.65)
Discomfort feet: 6 hours	3.02 (2.16)		
Discomfort feet: 12 hours	4.33 (2.78)	2.64 (2.31)	2.08 (1.80)
Discomfort knees: Baseline	2.16 (1.75)	2.28 (1.39)	1.41 (0.42)
Discomfort knees: 6 hours	2.70 (2.01)		
Discomfort knees: 12 hours	3.29 (2.18)	2.58 (2.21)	1.56 (0.48)
Discomfort lower-legs: Baseline	2.6 (2.22)	1.99 (1.36)	1.42 (0.48)
Discomfort lower-legs: 6 hours	3.26 (2.03)		
Discomfort lower-legs: 12 hours	4.18 (2.50)	2.16 (1.91)	1.55 (0.51)