

Supplementary Table 1. DIABEPIC1 schedule of enrolment and assessments.

	Cardiovascular Prevention and Rehabilitation Center of the Montreal Heart Institute (Centre ÉPIC)									
	Pre-intervention Evaluations (T0)				Mid-intervention evaluations (T3)			Post-intervention evaluations (T6)		
		Visit 1	Visit 2	Visit 3 (optional)	Visit 1	Visit 2	Visit 3	Visit 1	Visit 2	Visit 3
Duration (6 months)	90 min	120 min	60 min	90 min	60 min	120 min	60 min	60 min	120 min	60 / 150 min
Procedures										
Explanation of the project	X									
Consent to participate	X									
Medical visit	X				X			X		
Maximum effort test	X				X			X		
Blood test		X				X			X	
Body composition		X				X			X	
Food Diary (appl. <i>Keenoa</i>)			X				X			X
Cognitive tests		X				X			X	
Educational intervention			X				X			X
Questionnaires	X				X			X		
Vascular measurements (optional)				X						X

