

**ESM Table 3** Changes in diabetes outcome in long-term active participants

Variable	Baseline		12 months		Change from baseline to 12 months		p value
	Mean±SD	n	Mean±SD	n	Difference	95% CI	
<b>HbA<sub>1c</sub> (%)</b>							
Total	7.06±1.35	46	6.89±1.30	42			
Brisk walking group	6.79±1.16	23	6.88±1.35	21			
Medical fitness group	7.33±1.49	23	6.89±1.28	21			
Intragroup comparisons							
Intragroup comparison total					-0.17	-0.41, 0.07	0.160
Intragroup comparison brisk walking					0.10	-0.30, 0.49	0.622
Intragroup comparison medical fitness					-0.44	-0.70, -0.18	0.002
Brisk walking vs medical fitness					0.53	0.07, 1.00	0.025
<b>BMI (kg/m<sup>2</sup>)</b>							
Total	31.9±5.1	46	31.9±5.3	45			
Brisk walking group	31.7±5.0	23	32.0±4.7	23			
Medical fitness group	32.1±5.2	23	31.9±5.9	22			
Intragroup comparisons							
Intragroup comparison total					0.06	-0.51, 0.63	0.823
Intragroup comparison brisk walking					0.31	-0.30, 0.92	0.303
Intragroup comparison medical fitness					-0.18	-1.19, 0.83	0.711
Brisk walking vs medical fitness					0.49	-0.65, 1.64	0.391
<b>Fasting plasma glucose (mmol/l)</b>							
Total	8.47±3.15	46	7.98±2.37	42			
Brisk walking group	8.10±2.94	23	7.94±2.78	21			
Medical fitness group	8.83±3.37	23	8.02±1.94	21			
Intragroup comparisons							
Intragroup comparison total					-0.49	-1.21, 0.23	0.180
Intragroup comparison brisk walking					-0.16	-1.15, 0.83	0.739
Intragroup comparison medical fitness					-0.81	-1.92, 0.30	0.143
Brisk walking vs medical fitness					0.65	-0.79, 2.10	0.368
<b>HOMA <sup>§</sup></b>							
Total	5.04±2.88	34	5.30±3.23	33			
Brisk walking group	5.51±3.21	18	6.01±3.63	18			
Medical fitness group	4.57±2.48	16	4.52±2.64	15			
Intragroup comparisons							
Intragroup comparison total					0.22	-0.55, 1.00	0.564
Intragroup comparison brisk walking					0.49	-0.94, 1.93	0.481
Intragroup comparison medical fitness					-0.05	-0.79, 0.70	0.898
Brisk walking vs medical fitness					0.54	-1.03, 2.11	0.490
<b>Resting heart rate (bpm)</b>							
Total	72.7±10.7	46	67.5±10.7	44			
Brisk walking group	71.1±10.0	23	65.7±10.9	22			
Medical fitness group	74.2±11.3	23	69.3±10.3	22			
Intragroup comparisons							
Intragroup comparison total					-5.2	-7.6, -2.8	0.000
Intragroup comparison brisk walking					-5.4	-8.5, -2.4	0.001
Intragroup comparison medical fitness					-4.9	-8.8, -1.1	0.015
Brisk walking vs medical fitness					-0.5	-5.3, 4.3	0.834
<b>Systolic blood pressure (mmHg)</b>							
Total	149.9±16.0	46	136.8±13.9	44			
Brisk walking group	151.1±17.1	23	135.1±15.5	22			
Medical fitness group	148.7±15.2	23	138.6±12.3	22			
Intragroup comparisons							
Intragroup comparison total					-13.06	-17.61, -8.52	0.000
Intragroup comparison brisk walking					-15.97	-23.21, -8.74	0.000
Intragroup comparison medical fitness					-10.15	-15.97, -4.34	0.002
Brisk walking vs medical fitness					-5.82	-14.84, 3.20	0.200
<b>Diastolic blood pressure (mmHg)</b>							
Total	81.1±9.0	46	74.8±8.6	44			
Brisk walking group	80.5±8.9	23	73.1±8.3	22			
Medical fitness group	81.7±9.3	23	76.6±8.6	22			
Intragroup comparisons							
Intragroup comparison total					-6.21	-8.49, -3.94	0.000
Intragroup comparison brisk walking					-7.39	-10.44, -4.35	0.000
Intragroup comparison medical fitness					-5.03	-8.59, -1.48	0.008
Brisk walking vs medical fitness					-2.36	-6.90, 2.19	0.302

Total cholesterol level (mmol/l)							
Total	4.54±0.78	45	4.39±0.90	41			
Brisk walking group	4.52±0.74	23	4.40±0.78	21			
Medical fitness group	4.56±0.84	22	4.39±1.01	20			
Intragroup comparisons							
Intragroup comparison total					-0.14	-0.35, 0.06	0.169
Intragroup comparison brisk walking					-0.12	0.42, 0.19	0.435
Intragroup comparison medical fitness					-0.17	-0.47, 0.13	0.258
Brisk walking vs medical fitness					0.05	-0.37, 0.47	0.803
LDL-cholesterol level (mmol/l)							
Total	2.70±0.71	45	2.56±0.75	41			
Brisk walking group	2.63±0.75	23	2.52±0.77	21			
Medical fitness group	2.76±0.68	22	2.60±0.73	20			
Intragroup comparisons							
Intragroup comparison total					-0.14	-0.31, 0.03	0.114
Intragroup comparison brisk walking					-0.12	-0.37, 0.14	0.350
Intragroup comparison medical fitness					-0.16	-0.40, 0.09	0.205
Brisk walking vs medical fitness					0.04	-0.31, 0.38	0.821
HDL-cholesterol level (mmol/l)							
Total	1.11±0.30	45	1.11±0.30	41			
Brisk walking group	1.11±0.21	23	1.08±0.27	21			
Medical fitness group	1.10±0.34	22	1.13±0.32	20			
Intragroup comparisons							
Intragroup comparison total					0.00	-0.06, 0.06	0.943
Intragroup comparison brisk walking					-0.03	-0.13, 0.07	0.595
Intragroup comparison medical fitness					0.03	-0.04, 0.10	0.404
Brisk walking vs medical fitness					-0.06	-0.18, 0.06	0.353
Triacylglycerol level (mmol/l)							
Total	1.77±1.00	45	1.73±1.01	41			
Brisk walking group	1.86±1.06	23	1.91±1.16	21			
Medical fitness group	1.69±0.95	22	1.54±0.82	20			
Intragroup comparisons							
Intragroup comparison total					-0.04	-3.05, 4.17	0.737
Intragroup comparison brisk walking					-0.06	-0.39, 0.50	0.796
Intragroup comparison medical fitness					-0.14	-0.44, 0.15	0.328
Brisk walking vs medical fitness					0.20	-0.32, 0.72	0.444
RAND-36 (score 0–100 scale)							
Total	70±7	45	70±7	37			
Brisk walking group	66±6	22	66±6	18			
Medical fitness group	73±7	23	74±6	19			
Intragroup comparisons							
Intragroup comparison total					0.20	-2.6, 3.0	0.886
Intragroup comparison brisk walking					-0.55	-5.5, 4.4	0.821
Intragroup comparison medical fitness					0.94	-1.9, 3.8	0.496
Brisk walking vs medical fitness					-1.49	-7.0, 4.1	0.591

Long-term physiological response and health-related quality of life score (RAND-36) following brisk walking vs medical fitness programme in 23 vs 23 participants respectively, who had been actively participating in either programme for 10 months or longer. Data are means±SD. *n*=number of valid measurements.