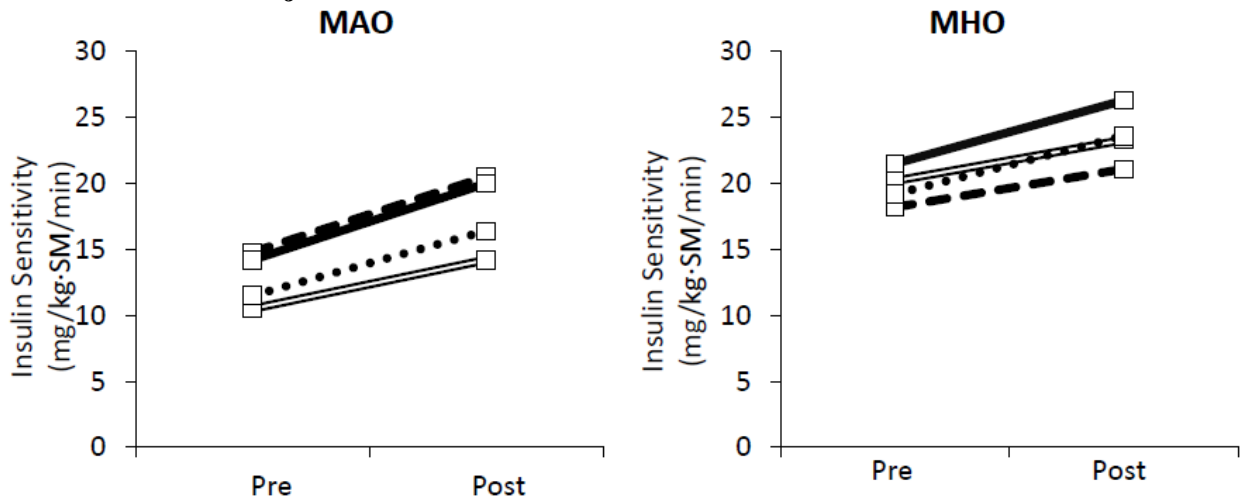
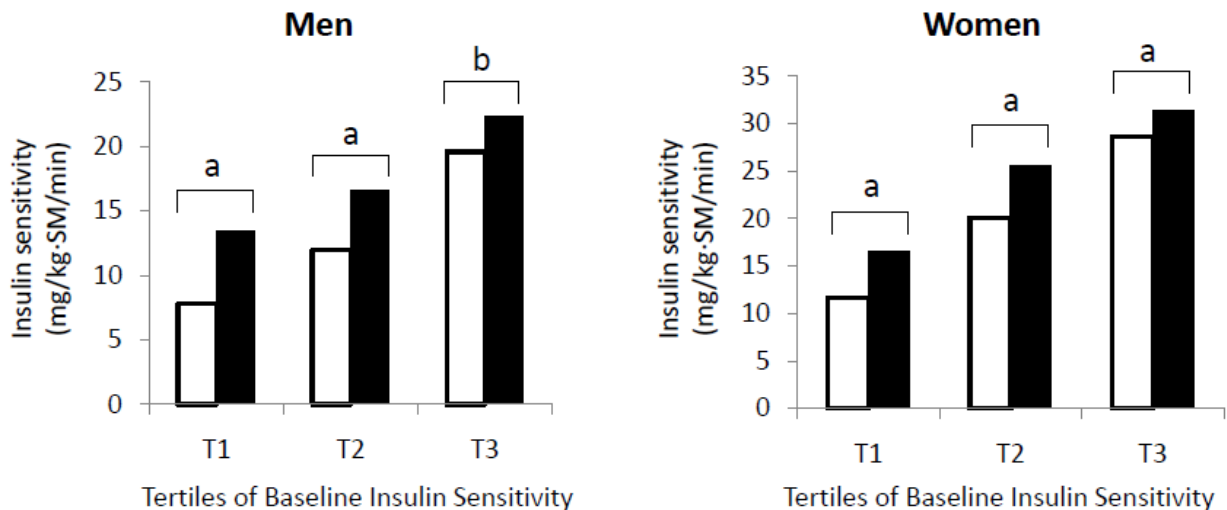


**Supplemental Figure 1: Effect of different weight loss interventions on insulin sensitivity in MAO and MHO subjects.**



Each line represents the mean response in insulin sensitivity for that treatment modality (dashed line represents 3-4 months diet, solid line represents 3 months aerobic exercise, hatched line represents 6 months resistance/aerobic exercise, double line represents 6 months aerobic exercise). Changes in insulin sensitivity from pre-post intervention were significant for all treatment modalities in the MAO and MHO groups ( $P < 0.05$ ), except the 3 month aerobic exercise intervention in MHO and the 6 month resistance plus aerobic exercise in MAO ( $P > 0.05$ , for both).

**Supplemental Figure 2: Change in insulin sensitivity in response to diet or exercise induced weight loss by tertiles of baseline insulin sensitivity in men and women**



<sup>a</sup> Change in insulin sensitivity from pre-post intervention ( $P < 0.05$ )

<sup>b</sup> Change in insulin sensitivity from pre-post intervention ( $P = 0.06$ )

Men and women were separated into sex-specific tertiles of baseline insulin sensitivity (white bars represent pre-intervention, black bars represent post-intervention). The effect of weight loss intervention on changes in insulin sensitivity was examined by repeated-measures ANOVA (collapsed across modality).