

**Additional File 1. Treatment effects on sex hormones, adjusted for changes in fat percentage**

	TER* (95% CI):	<i>P</i> -value <sup>a</sup>	TER* (95% CI):	<i>P</i> -value <sup>b</sup>
	Intervention vs. Control		<del>Mainly e</del> Exercise vs. Diet	
<b>Oestradiol (pg/mL)</b>				
Diet	0.96 (0.83 to 1.10)	0.530		
<del>Mainly e</del> Exercise	0.98 (0.83 to 1.16)	0.814	1.03 (0.92 to 1.15)	0.650
<b>Oestrone (pg/mL)</b>				
Diet	1.04 (0.93 to 1.16)	0.500		
<del>Mainly E</del> Exercise	0.99 (0.87 to 1.13)	0.925	0.96 (0.88 to 0.96)	0.320
<b>Free oestradiol (pg/mL)</b>				
Diet	0.92 (0.79 to 1.06)	0.238		

<u>Mainly Exercise</u>	0.94 (0.79 to 1.12)	0.490	1.03 (0.92 to 1.16)	0.631
Testosterone (pg/mL)				
Diet	1.01 (0.91 to 1.12)	0.810		
<u>Mainly Exercise</u>	0.96 (0.85 to 1.08)	0.464	0.94 (0.87 to 1.02)	0.166
Androstenedione (pg/mL)				
Diet	1.00 (0.85 to 1.16)	0.949		
<u>Mainly Exercise</u>	0.89 (0.75 to 1.06)	0.198	0.90 (0.79 to 1.01)	0.071
Free testosterone (pg/mL)				
Diet	0.96 (0.87 to 1.07)	0.511		
<u>Mainly Exercise</u>	0.91 (0.81 to 1.03)	0.150	0.95 (0.87 to 1.09)	0.201
SHBG (nmol/L)				
Diet	1.07 (0.99 to 1.16)	0.069		

<u>Mainly e</u> Exercise	1.08 (0.99 to 1.18)	0.070	1.01 (0.95 to 1.07)	0.747
--------------------------	---------------------	-------	---------------------	-------

a. A *P*-value of <0.025 was considered significant for the comparison of both intervention groups versus control.

b. A *P*-value of <0.05 was considered significant for the comparison mainly exercise versus diet.

Complete case data of oestradiol were available for 223 women; oestrone for 221 women; free oestradiol for 222 women; testosterone and androstenedione for 229 women; free testosterone for 228 women; and SHBG for 230.

\*TER=Treatment effect ratio (95% confidence interval), which represents the overall intervention effect on hormone change (adjusted for baseline), estimated by linear regression analysis. Because the linear regression models were based on log-transformed hormone data, the presented treatment effect is the antilogarithm of the original estimate. Therefore, the TER is a ratio that indicates how many times the level in one group is higher (TER>1) or lower (TER<1) compared with a reference group. For example, TER intervention versus control = 0.9 indicates that the hormone level in the intervention group is on average 10% lower compared with the control group.