Supplemental Table 1: Outcome measures at baseline, month 2 (if available), and month 4

Outcome	Period	N	Aerobic Exercise Caloric Restriction[a]	Aerobic Exercise Usual Diet[a]	Usual Activity Caloric Restriction[a]	Usual Activity Usual Diet[a]
F2-isoprostane, ng/ml	baseline	97	0.0300 [0.0245, 0.0420]	0.0400 [0.0275, 0.0515]	0.0300 [0.0220, 0.0350]	0.0405 [0.0310, 0.0535]
	m4	90	0.0290 [0.0200, 0.0422]	0.0330 [0.0222, 0.0452]	0.0350 [0.0255, 0.0415]	0.0430 [0.0340, 0.0590]
Serum Albumin, g/dl	baseline	108	4.15 [3.95, 4.40]	4.18 [3.80, 4.30]	4.05 [3.85, 4.09]	4.15 [3.90, 4.40]
	m2	97	4.20 [3.80, 4.50]	4.00 [3.82, 4.10]	4.15 [3.82, 4.27]	4.20 [3.90, 4.40]
	m4	91	4.25 [3.90, 4.50]	4.00 [3.80, 4.27]	4.00 [3.77, 4.20]	4.10 [3.90, 4.20]
BIA body fat, %	baseline	107	34.7 [25.6, 45.7]	31.9 [28.4, 39.0]	33.0 [28.0, 44.0]	36.7 [27.5, 42.2]
	m2	98	36.4 [27.0, 44.2]	33.1 [26.8, 36.5]	33.4 [27.9, 42.2]	35.3 [29.5, 42.4]
	m4	92	34.3 [23.8, 43.4]	33.6 [27.3, 38.0]	31.9 [25.9, 41.7]	37.1 [29.8, 39.7]
BMI, kg/m2	baseline	111	32.8 [30.4, 35.8]	31.0 [28.0, 36.2]	32.8 [28.7, 37.1]	35.5 [30.6, 41.5]
	m2	98	32.2 [29.9, 35.2]	29.9 [27.5, 35.5]	32.1 [28.8, 37.1]	33.6 [30.6, 39.0]
	m4	92	31.6 [29.1, 34.1]	31.0 [27.9, 35.8]	31.9 [28.9, 38.1]	33.3 [30.0, 40.0]
DEXA body fat pct	baseline	99	41.2 [35.0, 45.5]	41.6 [36.7, 45.4]	42.4 [33.4, 46.4]	40.5 [32.5, 43.6]
	m4	77	40.8 [35.3, 44.4]	42.7 [38.7, 45.2]	39.7 [31.7, 44.0]	39.2 [32.6, 43.5]
BUN, mg/dl	baseline	108	32.1 [22.0, 40.6]	28.4 [22.6, 39.6]	25.2 [21.5, 34.0]	30.3 [22.3, 37.0]
	m2	97	29.9 [21.3, 39.7]	30.2 [22.8, 38.9]	28.1 [22.0, 35.9]	29.1 [24.6, 36.0]
	m4	91	29.3 [19.4, 39.5]	33.0 [22.5, 38.9]	26.4 [21.8, 34.5]	30.3 [22.5, 35.6]
Co2mmoll/lt	baseline	108	20.4 [19.6, 21.4]	20.2 [18.1, 22.1]	20.5 [18.8, 22.7]	21.0 [18.7, 23.9]
	m2	97	21.4 [19.4, 22.6]	19.6 [17.8, 21.4]	19.8 [17.4, 22.3]	21.8 [18.0, 22.3]
	m4	91	20.9 [19.7, 22.2]	20.1 [17.9, 22.1]	20.4 [19.3, 23.6]	19.4 [18.5, 23.3]
Diastolic BP, mmHg	baseline	111	75.0 [68.0, 84.2]	78.0 [71.5, 86.5]	78.0 [73.5, 84.0]	76.5 [72.0, 83.0]
	m2	98	76.5 [72.0, 83.8]	80.0 [78.0, 85.0]	78.0 [73.0, 83.5]	78.0 [73.0, 80.0]
	m4	92	74.0 [70.0, 82.5]	80.5 [72.2, 84.8]	76.0 [69.0, 84.0]	77.0 [72.0, 81.0]
eGFR cystatin, ml/min/1.73 m^2	baseline	107	38.0 [28.1, 54.9]	41.8 [27.3, 47.9]	39.0 [32.4, 51.9]	33.2 [27.4, 46.5]
	m4	91	37.2 [28.3, 61.7]	41.8 [27.6, 47.4]	39.7 [23.2, 51.9]	32.2 [27.7, 45.8]
Glucose, mg/dl	baseline	108	101.5 [96.0, 111.0]	100.8 [95.6, 122.1]	96.8 [88.8, 109.9]	104.0 [94.5, 118.5]
	m2	97	95.0 [91.0, 108.5]	105.0 [100.2, 116.0]	97.5 [83.5, 111.0]	107.0 [94.0, 125.0]
	m4	91	94.5 [91.0, 102.8]	107.5 [100.2, 111.2]	95.5 [86.8, 106.0]	102.0 [88.0, 121.0]
HGBA1c, %	baseline	90	5.60 [5.32, 5.77]	5.60 [5.50, 6.18]	5.60 [5.30, 6.00]	5.70 [5.50, 6.45]
	m4	79	5.55 [5.20, 5.82]	5.70 [5.50, 6.10]	5.60 [5.30, 5.80]	5.80 [5.45, 6.20]
IL-10, pg.ml	baseline	108	0.765 [0.185, 1.345]	0.696 [0.001, 2.075]	0.493 [0.001, 1.580]	0.715 [0.196, 2.860]
	m2	97	0.150 [0.001, 1.000]	0.380 [0.001, 1.377]	0.001 [0.001, 1.203]	1.000 [0.001, 2.140]
	m4	91	0.001 [0.001, 1.215]	0.330 [0.001, 1.873]	0.410 [0.001, 1.865]	0.370 [0.001, 3.490]
IL-6, pg/ml	baseline	108	1.315 [0.505, 2.700]	1.375 [0.143, 3.951]	1.657 [0.565, 2.228]	1.290 [0.680, 3.915]
	m2	97	1.030 [0.001, 2.035]	0.680 [0.138, 2.007]	0.855 [0.450, 1.820]	1.460 [0.600, 4.610]
	m4	91	0.9650 [0.3550, 1.5675]	0.7750 [0.0508, 2.2125]	1.4950 [0.7300, 2.9850]	1.9900 [0.6500, 4.1600]
Isofuran, ng/ml	baseline	97	0.0460 [0.0315, 0.0625]	0.0530 [0.0395, 0.0740]	0.0500 [0.0330, 0.0560]	0.0515 [0.0425, 0.0688]
	m4	90	0.0440 [0.0273, 0.0680]	0.0490 [0.0318, 0.0700]	0.0500 [0.0275, 0.0605]	0.0520 [0.0420, 0.0660]
Systolic BP, mmHg	baseline	111	128 [109, 141]	134 [114, 144]	132 [118, 141]	136 [118, 142]
	m2	98	119 [116, 132]	130 [116, 138]	128 [116, 140]	132 [117, 143]
	m4	92	118 [115, 132]	126 [117, 136]	122 [112, 134]	127 [121, 130]
Urine creatinine, mg/dl	baseline	107	86.5 [68.2, 124.8]	91.0 [66.5, 129.7]	109.4 [80.2, 138.9]	106.4 [66.5, 152.5]
	m4	91	98.4 [64.3, 118.5]	87.6 [70.9, 123.3]	96.7 [73.0, 144.5]	127.4 [61.1, 163.1]
VO2 peak, ml/(kg.min)	baseline	108	19.4 [16.2, 24.4]	19.8 [16.8, 22.4]	19.7 [15.4, 22.2]	19.3 [16.3, 22.5]
	m4	86	22.3 [18.7, 25.8]	20.6 [19.1, 22.6]	18.6 [14.9, 23.6]	19.3 [16.6, 22.0]
Waist Hip Ratio	baseline	109	0.960 [0.900, 1.000]	0.925 [0.863, 1.010]	0.970 [0.898, 1.002]	0.960 [0.890, 1.020]
	m2	98	0.955 [0.878, 1.013]	0.950 [0.872, 1.000]	0.930 [0.900, 0.975]	0.960 [0.900, 1.020]
	m4	91	0.955 [0.880, 0.990]	0.960 [0.895, 0.980]	0.945 [0.885, 0.980]	0.950 [0.910, 1.030]
Weight, kg	baseline	111	99.8 [85.5, 107.0]	90.0 [83.2, 106.5]	97.7 [85.7, 111.4]	105.0 [86.7, 131.6]
	m2	98	98.4 [81.8, 104.5]	88.0 [79.1, 99.3]	97.3 [81.6, 110.3]	100.0 [86.7, 131.0]
	m4	92	97.6 [78.5, 104.6]	89.3 [80.7, 100.6]	99.1 [80.0, 111.3]	96.8 [84.0, 127.3]

[a] Table reports median [1st quartile, 3rd quartile].

Supplemental Table 2. The effects of treatment, exercise and diets at month 4*

Outcome	Mo 2	Mo 4	Treatment Effect	Exercise Effect	Diet Effect	Interaction Effect
	N		p-value			
BMI	98	92	**0.025**	0.386	**0.009**	0.200
Weight	98	92	**0.016**	0.541	**0.004**	0.217
DEXA body fat pct	0	76	**0.015**	0.276	**0.021**	0.744
Waist Hip Ratio	97	90	0.087	0.718	**0.029**	0.373
$VO_{2\ Peak}$	0	86	0.429	0.368	0.564	0.622
Systolic BP	98	92	0.978	0.919	0.978	0.887
Diastolic BP	98	92	0.841	0.700	0.740	0.477
F2-isoprostane	0	90	**0.012**	0.050	**0.036**	0.322
Isofuran	0	90	0.766	0.896	0.578	0.663
IL-10	96	90	0.246	0.152	0.443	0.266
IL-6	96	90	**0.009**	**0.004**	**0.028**	**0.011**
eGFR cystatin	0	89	0.932	0.860	0.883	0.730

* When month 4 and month 2 outcome measures were available, we fit a linear mixed model with a time component, subject-specific random intercepts, and the following covariates: baseline outcome values, site, diabetic status, age, gender, diet, exercise and crossproduct of diet and exercise. When month 2 outcome measures were not available, we fit a linear regression model with the same predictors (minus the time component and subject specific random intercepts). All participant data was included.