

## Supplementary Figure

**TITLE:** The Impact of Timing of Exercise Initiation on Weight Loss: An 18-Month Randomized Clinical Trial

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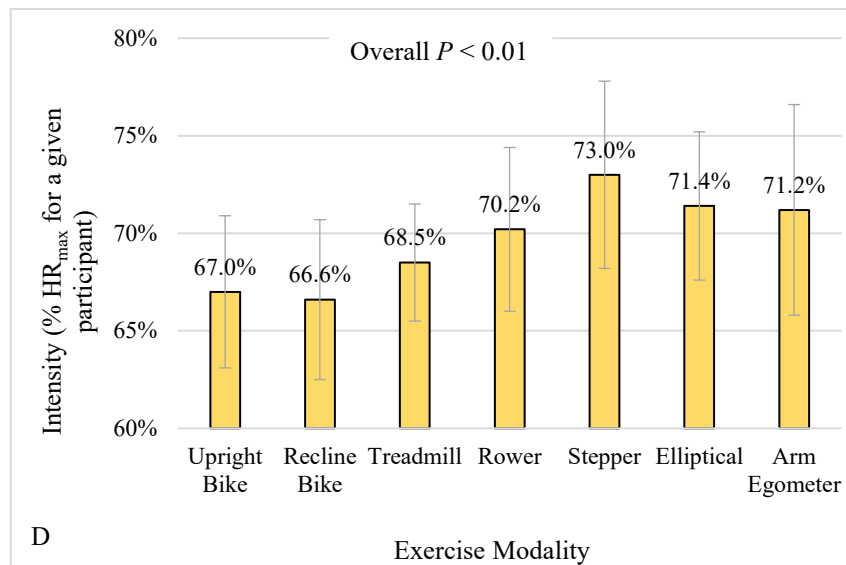
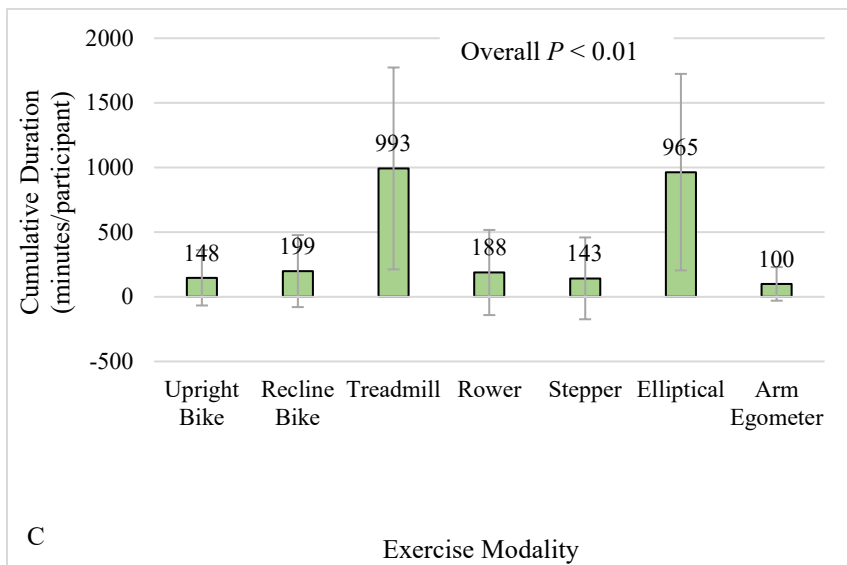
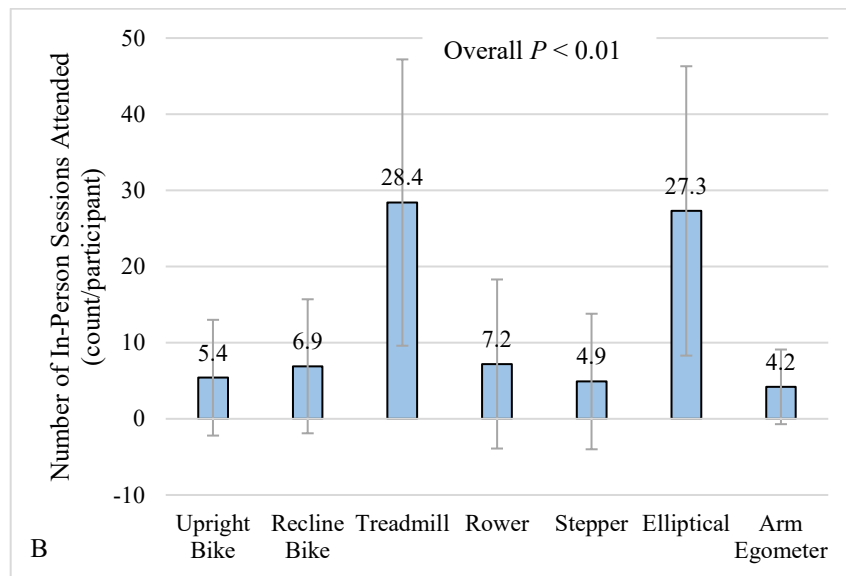
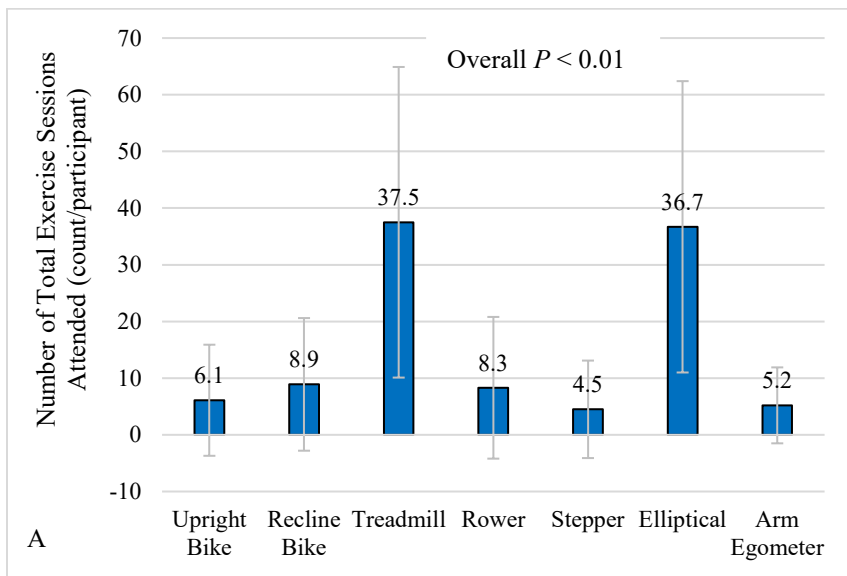
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**Figure S1: Exercise Frequency, Duration, and Intensity by Exercise Modality during the 6-Month Supervised Exercise Program<sup>a-c</sup>**



### Legend for Figure S1:

<sup>a</sup> Results (mean  $\pm$  SD) are from an analysis of variance (ANOVA). For panels A-D, the mean values are the mean value conditional on that a participant had used a particular mode of equipment; if a person had no record in the data set for a particular equipment use, she/he did not contribute to the calculation for that equipment. In panels A-B, a person was considered to have attended a session using a particular type of equipment if he/she used the equipment in a session for more than two minutes. There were no significant differences between randomized groups in the frequency (total sessions or supervised only sessions), cumulative duration, or intensity by exercise modality except for differences in cumulative duration on the elliptical (STD: 1086.3 $\pm$ 765.8 minutes/participant, n=79; SEQ: 822.9 $\pm$ 733.1 minutes/participant, n=68;  $P=0.04$ ); % HR<sub>max</sub>: percent of maximum heart rate (calculated as [average heart rate/(220-age)\*100]); SEQ: Sequential; STD: Standard.

<sup>b</sup> In panels A and B, there were significant pairwise differences ( $P<0.01$ ) between the upright bike and treadmill, upright bike and elliptical, recline bike and treadmill, recline bike and elliptical, treadmill and rower, treadmill and stepper, treadmill and arm ergometer, rower and elliptical, stepper and elliptical, and elliptical and arm ergometer. In panel C, there were significant pairwise differences ( $P<0.01$ ) between the upright bike and treadmill, upright bike and elliptical, recline bike and treadmill, recline bike and elliptical, treadmill and rower, treadmill and stepper, treadmill and arm ergometer, rower and elliptical, stepper and elliptical, and elliptical and arm ergometer. In panel D, there were significant pairwise differences ( $P<0.05$ ) between all exercise modalities except for in comparisons between upright and recline bike, treadmill and rower, treadmill and arm ergometer, rower and elliptical, rower and arm ergometer, stepper and elliptical, stepper and arm ergometer, and elliptical and arm ergometer;

<sup>c</sup> Sample sizes for panel A are as follows: upright bike: n=110; recline bike: n=125; treadmill: n=153; rower: n=22; stepper: n=22; elliptical: n=147; arm ergometer: n=6; Sample sizes for panel B are as follows: upright bike: n=97; recline bike: n=119; treadmill: n=151; rower: n=20; stepper: n=14; elliptical: n=147; arm ergometer: n=6; Sample sizes for panel C are as follows: upright bike: n=97; recline bike: n=119; treadmill: n=151; rower: n=20; stepper: n=14; elliptical: n=147; arm ergometer: n=6. Sample sizes for panel D are as follows: upright bike: n=96; recline bike: n=118; treadmill: n=151; rower: n=20; stepper: n=11; elliptical: n=146; arm ergometer: n=6.