

Variable	Group	n	T0 Mean (SD)	T1 Mean (SD)	T2 Mean (SD)	T3 Mean (SD)	T4 Mean (SD)	T5 Mean (SD)	p (T0-T1)	p (T0-T5)	Anova group F(2,86)
Pain intensity (VAS 0-100)	AC	28	60.57 (12.91)	44.38 (10.72)*#	38.54 (8.36)*#	27.75 (5.98)*#	10.75 (2.63)*#	12.04 (2.73)*#	p < 0.0001	p < 0.0001	=191.56 p < 0.001
	SE	31	61.74 (11.07)	50.39 (8.44)*	53.42 (9.04)*	54.90 (8.70)	58.42 (14.90)*	60.68 (13.75)*	p < 0.0001	NS(p = 1.00)	
	PA	30	61.50 (9.64)	69.23 (9.19)#	65.33 (6.81)#	62.00 (8.92)	67.47 (7.72)#	72.50 (7.45)#	p < 0.05	p < 0.0001	
Painkiller grade (0-3)	AC	28	2.36 (0.73)	1.15 (0.59)*#	0.32 (0.47)*#	0.25 (0.44)*#	0.07 (0.26)*#	0.14 (0.36)*#	p < 0.0001	p < 0.0001	=59.74 p < 0.001
	SE	31	2.42 (0.72)	1.87 (0.50)	1.13 (0.62)	1.03 (0.71)*	1.03 (0.66)*	0.97 (0.60)*	p < 0.01	p < 0.0001	
	PA	30	2.27 (0.69)	1.93 (0.64)	1.37 (0.72)	1.73 (0.69)#	1.77 (0.68)#	1.83 (0.38)#	NS (p = 0.48)	NS (p = 0.08)	
FIQ (0-100)	AC	28	65.50 (7.47)	34.96 (10.11)*#	27.79 (8.19)*#	25.35 (7.69)*#	15.50 (5.06)*#	13.75 (4.53)*#	p < 0.0001	p < 0.0001	=297.95 p < 0.001
	SE	31	66.74 (7.90)	57.55 (7.23)	54.22 (7.83)*	53.93 (7.93)	48.74 (7.73)*	45.74 (7.75)*	p < 0.0001	p < 0.0001	
	PA	30	65.53 (7.63)	59.37 (8.43)	62.97 (5.36)#	60.57 (7.62)	63.47 (8.80)#	65.47 (6.00)#	p < 0.01	NS (p = 1.00)	
HAD-A (0-21)	AC	28	11.07 (2.09)	7.36 (2.53)*	6.39 (1.77)*	5.07 (1.70)*#	4.79 (1.57)*#	4.07 (1.18)*#	p < 0.0001	p < 0.0001	=75.01 p < 0.001
	SE	31	11.97 (2.01)	7.87 (1.87)*	7.87 (2.19)*	7.74 (2.03)*	8.06 (1.91)*	8.10 (2.24)*	p < 0.0001	p < 0.0001	
	PA	30	11.33 (2.11)	10.13 (2.47)	10.63 (2.11)	11.13 (2.11)#	12.13 (1.76)#	12.53 (1.79)#	NS (p = 0.1)	NS (p = 0.1)	
HAD-D (0-21)	AC	28	9.18 (3.14)	6.54 (3.83)*	5.54 (3.04)*	4.68 (2.80)*	4.04 (2.56)*	2.79 (2.77)*	p < 0.0001	p < 0.0001	=16.73 p < .0001
	SE	31	8.81 (2.95)	6.19 (2.97)*	5.32 (2.48)*	4.93 (2.31)*	4.87 (2.58)*	4.64 (2.55)*	p < 0.0001	p < 0.0001	
	PA	30	8.93 (2.83)	8.97 (2.20)	8.97 (2.91)	9.13 (2.80)	8.67 (3.01)	8.53 (3.01)	NS (p = 1.00)	NS (p = 1.00)	
Sleep quality (VAS 0-100)	AC	28	88.89 (10.49)	79.89 (12.05)	71.39 (9.42)*	55.11 (9.20)*#	33.68 (10.45)*#	34.11 (8.58)*#	p < 0.01	p < 0.0001	=125.24 p < 0.001
	SE	31	86.23 (7.94)	75.84 (8.21)	72.58 (10.58)*	74.32 (10.61)*	77.71 (9.15)	79.29 (10.23)	p < 0.0001	p < 0.05	
	PA	30	85.30 (10.70)	79.87 (10.70)	83.20 (5.72)	84.30 (5.72)#	84.63 (5.76)	85.47 (5.22)	NS (p = 0.33)	NS (p = 1.00)	
HR (bpm)	AC	28	75.54 (6.64)	74.71 (5.89)	73.11 (6.96)	70.79 (5.93)	66.04 (4.81)*#	63.39 (4.15)*#	NS (p = 1.00)	p < 0.0001	=3.27 p < 0.05
	SE	31	75.10 (6.65)	73.97 (6.85)	72.87 (6.55)	74.32 (6.43)	73.87 (6.65)	74.32 (7.07)	NS (p = 0.99)	NS (p = 1.00)	
	PA	30	74.97 (6.61)	73.90 (6.77)	72.60 (6.01)	73.80 (6.33)	73.77 (6.49)	74.40 (6.93)	NS (p = 0.99)	NS (p = 1.00)	

Additional table: Data for Active (AC), Semi-Active (SE) and Passive (PA) groups over the five years of the study

In bold: statistically significant values for intergroup comparison

*Significant difference (p < 0.05) from PA group

#Significant difference (p < 0.05) from SE group

p(T0-T1): p-value for difference between baseline and 1 year of training for each group

p(T0-T5): p-value for difference between baseline and 5 years of training for each group

Anova group: ANOVA results for the effect of the group (F(2,86)) for each variable

SD: standard deviation

VAS: visual analog scale

FIQ: Fibromyalgia Impact Questionnaire

HAD: Hospital Anxiety Depression scale (A: anxiety; D: depression)

HR: heart rate

bpm: beats per minute