

Model	Coefficient	F-statistic	p-value
\widehat{TG}_{iAUC}			
Crossover ¹ (%)	0.05	4.80	0.04
VAT (L)	0.53	7.05	0.01
HOMA-IR	0.30	4.78	0.04
Aerobic Frequency ² (d/wk)	0.31	4.00	0.05
$\widehat{TG}_{(peak-fast)}$			
Crossover (%)	0.02	4.36	0.05
VAT (L)	0.43	14.0	<0.01
HOMA-IR	0.12	2.30	0.14
Aerobic Frequency (d/wk)	0.23	7.15	0.01
SBP (mmHg)	0.02	1.87	0.18

¹Crossover indicates the percentage of VO₂ max during a submaximal exercise test where carbohydrate (versus fat) became the dominant substrate utilized.

²Aerobic frequency indicates the self-reported number of days where participants completed aerobic exercise in last 7 days.

Abbreviations: maximal oxygen consumption, VO₂; visceral adipose tissue, VAT; homeostatic model of insulin resistance, HOMA-IR; systolic blood pressure, SBP.