

**Supplementary Fig. S1** Change over time in (A) fasting blood glucose, (B) glycoalbumin, and (C) fasting insulin (FAS). Closed circles = supervised exercise group; open squares = standard therapy group. FAS, full analysis set; MMRM, mixed-model repeated measures; SD, standard deviation. \* $p < 0.05$  between groups for the least squares mean change from baseline, MMRM with an unstructured covariance matrix within patients. The model considered randomization group (supervised exercise, standard therapy), week, baseline value, and week by randomization group interaction and week by baseline interaction as explanatory variables

