

Assessed in Outpatient Clinic

SLE Patients contacted (n=184)

- Excluded/Could not participate (n=129)
- Does not feel healthy enough to participate (n=13)
 - Does not fulfill SLICC (n=4)
 - Does not have the time for exercise. (n=9)
 - Does not have time for the intervention (n=10)
 - Does not wish to participate (n=5)
 - Language Barrier (n=2)
 - Lives too far from center for transport to be feasible (n=28)
 - No response on telephone call or email (n=57)
 - Type 1 Diabetes Mellitus (n=1)

Screening and Baseline Assessments

Baseline Measurements (n=55)

Randomization

Randomized patient (n=55)

Pingvin (n=27)

Søløve (n=28)

- Did not begin intervention (n=1)
- Excluded due to pregnancy (n=1)

End of study

Final miTT Analysis (n=27)

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