| Outcome | Outcome\_Class | Predictor | estimate | se | df | lower | upper | p.value | Model\_Type | In\_hypothesis | p.adjust\_Bonferroni | p\_adjust\_fdr\_full | p\_adjust\_fdr\_interaction | p\_adjust\_fdr |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| FSS | Primary | (Intercept) | 4.860 | 0.196 | 51.279 | 4.407 | 5.313 | 0.000 | Full effects | FALSE | 0.000 |  |  |  |
| FSS | Primary | timepointfollowup | -0.010 | 0.195 | 47.466 | -0.462 | 0.442 | 0.960 | Full effects | FALSE | 0.999 |  |  |  |
| FSS | Primary | sexM | -0.229 | 0.534 | 50.647 | -1.463 | 1.006 | 0.671 | Full effects | FALSE | 0.999 |  |  |  |
| FSS | Primary | timepointfollowup:treatexercise | -0.109 | 0.272 | 47.037 | -0.738 | 0.521 | 0.691 | Full effects | TRUE | 0.999 |  |  |  |
| FSS | Primary | (Intercept) | 4.688 | 0.307 | 49.429 | 3.978 | 5.397 | 0.000 | Interaction effects | FALSE | 0.000 |  |  |  |
| FSS | Primary | timepointfollowup | -0.029 | 0.309 | 45.415 | -0.745 | 0.687 | 0.926 | Interaction effects | FALSE | 0.999 |  |  |  |
| FSS | Primary | sexM | -0.227 | 0.530 | 48.012 | -1.453 | 0.999 | 0.670 | Interaction effects | FALSE | 0.999 |  |  |  |
| FSS | Primary | ifn\_1\_netto | 0.060 | 0.092 | 49.114 | -0.152 | 0.272 | 0.516 | Interaction effects | FALSE | 0.999 |  |  |  |
| FSS | Primary | timepointfollowup:treatexercise | -0.660 | 0.394 | 43.974 | -1.575 | 0.256 | 0.101 | Interaction effects | FALSE | 0.203 |  |  |  |
| FSS | Primary | timepointfollowup:ifn\_1\_netto | -0.005 | 0.089 | 45.457 | -0.210 | 0.200 | 0.957 | Interaction effects | FALSE | 0.999 |  |  |  |
| FSS | Primary | timepointfollowup:treatexercise:ifn\_1\_netto | 0.294 | 0.125 | 43.968 | 0.004 | 0.584 | 0.023 | Interaction effects | TRUE | 0.047 |  |  |  |
| Aerobic Capacity (ml/kg/min) | Primary | (Intercept) | 27.880 | 1.051 | 52.486 | 25.456 | 30.304 | 0.000 | Full effects | FALSE | 0.000 |  |  |  |
| Aerobic Capacity (ml/kg/min) | Primary | timepointbaseline | -1.644 | 0.418 | 48.953 | -2.611 | -0.677 | 0.000 | Full effects | FALSE | 0.001 |  |  |  |
| Aerobic Capacity (ml/kg/min) | Primary | timepointfollowup | -0.936 | 0.571 | 52.134 | -2.255 | 0.383 | 0.107 | Full effects | FALSE | 0.215 |  |  |  |
| Aerobic Capacity (ml/kg/min) | Primary | sexM | 3.723 | 2.613 | 51.520 | -2.310 | 9.756 | 0.160 | Full effects | FALSE | 0.321 |  |  |  |
| Aerobic Capacity (ml/kg/min) | Primary | timepointfollowup:treatexercise | 2.307 | 0.758 | 46.699 | 0.551 | 4.063 | 0.004 | Full effects | FALSE | 0.008 |  |  |  |
| Aerobic Capacity (ml/kg/min) | Primary | (Intercept) | 29.929 | 1.610 | 50.096 | 26.209 | 33.649 | 0.000 | Interaction effects | FALSE | 0.000 |  |  |  |
| Aerobic Capacity (ml/kg/min) | Primary | timepointbaseline | -1.404 | 0.678 | 47.054 | -2.973 | 0.166 | 0.044 | Interaction effects | FALSE | 0.088 |  |  |  |
| Aerobic Capacity (ml/kg/min) | Primary | timepointfollowup | -1.132 | 0.982 | 46.672 | -3.405 | 1.142 | 0.255 | Interaction effects | FALSE | 0.510 |  |  |  |
| Aerobic Capacity (ml/kg/min) | Primary | sexM | 3.650 | 2.512 | 49.274 | -2.157 | 9.456 | 0.153 | Interaction effects | FALSE | 0.305 |  |  |  |
| Aerobic Capacity (ml/kg/min) | Primary | ifn\_1\_netto | -0.753 | 0.485 | 49.263 | -1.874 | 0.367 | 0.127 | Interaction effects | FALSE | 0.253 |  |  |  |
| Aerobic Capacity (ml/kg/min) | Primary | timepointfollowup:treatexercise | 3.325 | 1.209 | 41.768 | 0.514 | 6.137 | 0.009 | Interaction effects | TRUE | 0.018 |  |  |  |
| Aerobic Capacity (ml/kg/min) | Primary | timepointbaseline:ifn\_1\_netto | -0.088 | 0.211 | 47.341 | -0.578 | 0.402 | 0.679 | Interaction effects | FALSE | 0.999 |  |  |  |
| Aerobic Capacity (ml/kg/min) | Primary | timepointfollowup:ifn\_1\_netto | 0.105 | 0.290 | 46.146 | -0.566 | 0.776 | 0.718 | Interaction effects | FALSE | 0.999 |  |  |  |
| Aerobic Capacity (ml/kg/min) | Primary | timepointfollowup:treatexercise:ifn\_1\_netto | -0.554 | 0.403 | 40.761 | -1.492 | 0.384 | 0.177 | Interaction effects | TRUE | 0.354 |  |  |  |
| SLEDAI | Secondary | (Intercept) | 5.692 | 0.527 | 38.487 | 4.626 | 6.759 | 0.000 | Full effects | FALSE |  |  |  |  |
| SLEDAI | Secondary | timepointfollowup | 1.819 | 0.842 | 34.536 | 0.109 | 3.528 | 0.038 | Full effects | FALSE |  |  |  |  |
| SLEDAI | Secondary | sexM | -0.240 | 1.403 | 35.907 | -3.086 | 2.606 | 0.865 | Full effects | FALSE |  |  |  |  |
| SLEDAI | Secondary | timepointfollowup:treatexercise | -1.785 | 1.139 | 33.147 | -4.102 | 0.532 | 0.127 | Full effects | TRUE |  | 0.364 |  | 0.364 |
| SLEDAI | Secondary | (Intercept) | 5.669 | 0.790 | 37.183 | 4.069 | 7.268 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| SLEDAI | Secondary | timepointfollowup | 1.575 | 1.423 | 31.324 | -1.326 | 4.475 | 0.277 | Interaction effects | FALSE |  |  |  |  |
| SLEDAI | Secondary | sexM | -0.380 | 1.386 | 34.768 | -3.195 | 2.434 | 0.785 | Interaction effects | FALSE |  |  |  |  |
| SLEDAI | Secondary | ifn\_1\_netto | 0.057 | 0.238 | 37.184 | -0.424 | 0.539 | 0.810 | Interaction effects | FALSE |  |  |  |  |
| SLEDAI | Secondary | timepointfollowup:treatexercise | -1.634 | 1.832 | 31.036 | -5.370 | 2.102 | 0.379 | Interaction effects | FALSE |  |  |  |  |
| SLEDAI | Secondary | timepointfollowup:ifn\_1\_netto | 0.077 | 0.419 | 30.721 | -0.778 | 0.932 | 0.855 | Interaction effects | FALSE |  |  |  |  |
| SLEDAI | Secondary | timepointfollowup:treatexercise:ifn\_1\_netto | -0.041 | 0.584 | 30.838 | -1.233 | 1.151 | 0.945 | Interaction effects | TRUE |  |  | 0.945 | 0.945 |
| SF-36 Physical aggregate score | Secondary | (Intercept) | 42.141 | 1.403 | 51.555 | 39.325 | 44.956 | 0.000 | Full effects | FALSE |  |  |  |  |
| SF-36 Physical aggregate score | Secondary | timepointfollowup | -0.860 | 1.157 | 46.121 | -3.190 | 1.469 | 0.461 | Full effects | FALSE |  |  |  |  |
| SF-36 Physical aggregate score | Secondary | sexM | 2.070 | 3.782 | 50.418 | -5.525 | 9.665 | 0.587 | Full effects | FALSE |  |  |  |  |
| SF-36 Physical aggregate score | Secondary | timepointfollowup:treatexercise | 1.903 | 1.609 | 46.738 | -1.333 | 5.139 | 0.243 | Full effects | TRUE |  | 0.364 |  | 0.364 |
| SF-36 Physical aggregate score | Secondary | (Intercept) | 42.769 | 2.218 | 49.549 | 38.313 | 47.225 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| SF-36 Physical aggregate score | Secondary | timepointfollowup | -4.301 | 1.908 | 45.758 | -8.142 | -0.461 | 0.029 | Interaction effects | FALSE |  |  |  |  |
| SF-36 Physical aggregate score | Secondary | sexM | 2.240 | 3.797 | 47.513 | -5.396 | 9.876 | 0.558 | Interaction effects | FALSE |  |  |  |  |
| SF-36 Physical aggregate score | Secondary | ifn\_1\_netto | -0.273 | 0.663 | 49.142 | -1.605 | 1.058 | 0.682 | Interaction effects | FALSE |  |  |  |  |
| SF-36 Physical aggregate score | Secondary | timepointfollowup:treatexercise | 5.551 | 2.428 | 43.933 | 0.658 | 10.444 | 0.027 | Interaction effects | FALSE |  |  |  |  |
| SF-36 Physical aggregate score | Secondary | timepointfollowup:ifn\_1\_netto | 1.286 | 0.557 | 43.780 | 0.163 | 2.408 | 0.026 | Interaction effects | FALSE |  |  |  |  |
| SF-36 Physical aggregate score | Secondary | timepointfollowup:treatexercise:ifn\_1\_netto | -1.422 | 0.798 | 43.438 | -3.030 | 0.186 | 0.082 | Interaction effects | TRUE |  |  | 0.245 | 0.245 |
| SF-36 Mental aggregate score | Secondary | (Intercept) | 44.869 | 1.615 | 52.614 | 41.629 | 48.109 | 0.000 | Full effects | FALSE |  |  |  |  |
| SF-36 Mental aggregate score | Secondary | timepointfollowup | 1.085 | 1.896 | 48.805 | -2.726 | 4.896 | 0.570 | Full effects | FALSE |  |  |  |  |
| SF-36 Mental aggregate score | Secondary | sexM | 5.387 | 4.153 | 48.817 | -2.960 | 13.735 | 0.201 | Full effects | FALSE |  |  |  |  |
| SF-36 Mental aggregate score | Secondary | timepointfollowup:treatexercise | -0.361 | 2.570 | 46.300 | -5.533 | 4.811 | 0.889 | Full effects | TRUE |  | 0.889 |  | 0.889 |
| SF-36 Mental aggregate score | Secondary | (Intercept) | 50.093 | 2.371 | 50.069 | 45.330 | 54.855 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| SF-36 Mental aggregate score | Secondary | timepointfollowup | 0.906 | 3.286 | 47.556 | -5.703 | 7.514 | 0.784 | Interaction effects | FALSE |  |  |  |  |
| SF-36 Mental aggregate score | Secondary | sexM | 4.857 | 3.895 | 45.949 | -2.983 | 12.697 | 0.219 | Interaction effects | FALSE |  |  |  |  |
| SF-36 Mental aggregate score | Secondary | ifn\_1\_netto | -1.977 | 0.711 | 49.254 | -3.405 | -0.549 | 0.008 | Interaction effects | FALSE |  |  |  |  |
| SF-36 Mental aggregate score | Secondary | timepointfollowup:treatexercise | -1.519 | 4.095 | 43.904 | -9.773 | 6.736 | 0.713 | Interaction effects | FALSE |  |  |  |  |
| SF-36 Mental aggregate score | Secondary | timepointfollowup:ifn\_1\_netto | 0.059 | 0.951 | 46.289 | -1.854 | 1.973 | 0.951 | Interaction effects | FALSE |  |  |  |  |
| SF-36 Mental aggregate score | Secondary | timepointfollowup:treatexercise:ifn\_1\_netto | 0.419 | 1.305 | 43.386 | -2.212 | 3.051 | 0.750 | Interaction effects | TRUE |  |  | 0.945 | 0.945 |
| FSS | Primary | (Intercept) | 4.688 | 0.307 | 49.429 | 3.978 | 5.397 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| FSS | Primary | timepointfollowup | -0.029 | 0.309 | 45.415 | -0.745 | 0.687 | 0.926 | Interaction effects | FALSE |  |  |  |  |
| FSS | Primary | sexM | -0.227 | 0.530 | 48.012 | -1.453 | 0.999 | 0.670 | Interaction effects | FALSE |  |  |  |  |
| FSS | Primary | ifn\_1\_netto | 0.060 | 0.092 | 49.114 | -0.152 | 0.272 | 0.516 | Interaction effects | FALSE |  |  |  |  |
| FSS | Primary | timepointfollowup:treatexercise | -0.660 | 0.394 | 43.974 | -1.575 | 0.256 | 0.101 | Interaction effects | FALSE |  |  |  |  |
| FSS | Primary | timepointfollowup:ifn\_1\_netto | -0.005 | 0.089 | 45.457 | -0.210 | 0.200 | 0.957 | Interaction effects | FALSE |  |  |  |  |
| FSS | Primary | timepointfollowup:treatexercise:ifn\_1\_netto | 0.294 | 0.125 | 43.968 | 0.004 | 0.584 | 0.023 | Interaction effects | TRUE |  |  | 0.268 | 0.268 |
| VAS Physician | Exploratory | (Intercept) | 21.882 | 2.465 | 51.961 | 16.936 | 26.828 | 0.000 | Full effects | FALSE |  |  |  |  |
| VAS Physician | Exploratory | timepointfollowup | -0.247 | 2.417 | 45.527 | -5.113 | 4.620 | 0.919 | Full effects | FALSE |  |  |  |  |
| VAS Physician | Exploratory | sexM | -5.457 | 6.290 | 48.961 | -18.098 | 7.184 | 0.390 | Full effects | FALSE |  |  |  |  |
| VAS Physician | Exploratory | timepointfollowup:treatexercise | -4.416 | 3.264 | 43.437 | -10.997 | 2.164 | 0.183 | Full effects | TRUE |  | 0.366 |  | 0.366 |
| VAS Physician | Exploratory | (Intercept) | 16.004 | 3.713 | 48.353 | 8.540 | 23.468 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| VAS Physician | Exploratory | timepointfollowup | 3.221 | 3.965 | 41.818 | -4.781 | 11.223 | 0.421 | Interaction effects | FALSE |  |  |  |  |
| VAS Physician | Exploratory | sexM | -4.731 | 6.223 | 45.693 | -17.259 | 7.797 | 0.451 | Interaction effects | FALSE |  |  |  |  |
| VAS Physician | Exploratory | ifn\_1\_netto | 2.216 | 1.108 | 47.370 | -0.013 | 4.444 | 0.051 | Interaction effects | FALSE |  |  |  |  |
| VAS Physician | Exploratory | timepointfollowup:treatexercise | -5.115 | 5.073 | 40.789 | -15.362 | 5.132 | 0.319 | Interaction effects | FALSE |  |  |  |  |
| VAS Physician | Exploratory | timepointfollowup:ifn\_1\_netto | -1.326 | 1.190 | 38.249 | -3.735 | 1.083 | 0.272 | Interaction effects | FALSE |  |  |  |  |
| VAS Physician | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | 0.088 | 1.733 | 39.228 | -3.416 | 3.592 | 0.960 | Interaction effects | TRUE |  |  | 0.993 | 0.993 |
| Adipose Tissue (g) | Exploratory | (Intercept) | 25,926.843 | 1,473.907 | 50.121 | 22,966.592 | 28,887.095 | 0.000 | Full effects | FALSE |  |  |  |  |
| Adipose Tissue (g) | Exploratory | timepointfollowup | 87.017 | 358.425 | 44.110 | -635.290 | 809.324 | 0.809 | Full effects | FALSE |  |  |  |  |
| Adipose Tissue (g) | Exploratory | sexM | -3,969.319 | 4,005.492 | 49.956 | -12,014.762 | 4,076.124 | 0.326 | Full effects | FALSE |  |  |  |  |
| Adipose Tissue (g) | Exploratory | timepointfollowup:treatexercise | -680.431 | 496.378 | 44.057 | -1,680.779 | 319.917 | 0.177 | Full effects | TRUE |  | 0.366 |  | 0.366 |
| Adipose Tissue (g) | Exploratory | (Intercept) | 26,903.875 | 2,298.065 | 48.051 | 22,283.433 | 31,524.318 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Adipose Tissue (g) | Exploratory | timepointfollowup | -71.578 | 632.626 | 41.230 | -1,348.975 | 1,205.819 | 0.910 | Interaction effects | FALSE |  |  |  |  |
| Adipose Tissue (g) | Exploratory | ifn\_1\_netto | -435.011 | 685.316 | 48.098 | -1,812.857 | 942.836 | 0.529 | Interaction effects | FALSE |  |  |  |  |
| Adipose Tissue (g) | Exploratory | sexM | -3,934.110 | 4,066.571 | 47.957 | -12,110.690 | 4,242.469 | 0.338 | Interaction effects | FALSE |  |  |  |  |
| Adipose Tissue (g) | Exploratory | timepointfollowup:ifn\_1\_netto | 54.151 | 181.611 | 41.365 | -312.522 | 420.825 | 0.767 | Interaction effects | FALSE |  |  |  |  |
| Adipose Tissue (g) | Exploratory | timepointfollowup:treatexercise | -235.132 | 801.955 | 41.043 | -1,854.661 | 1,384.396 | 0.771 | Interaction effects | FALSE |  |  |  |  |
| Adipose Tissue (g) | Exploratory | timepointfollowup:ifn\_1\_netto:treatexercise | -204.510 | 259.262 | 41.083 | -728.069 | 319.048 | 0.435 | Interaction effects | TRUE |  |  | 0.909 | 0.909 |
| Lean Mass (g) | Exploratory | (Intercept) | 40,863.368 | 767.403 | 51.236 | 39,322.913 | 42,403.822 | 0.000 | Full effects | FALSE |  |  |  |  |
| Lean Mass (g) | Exploratory | timepointfollowup | 43.297 | 278.611 | 46.265 | -517.430 | 604.025 | 0.877 | Full effects | FALSE |  |  |  |  |
| Lean Mass (g) | Exploratory | sexM | 14,045.347 | 2,004.044 | 50.052 | 10,020.210 | 18,070.483 | 0.000 | Full effects | FALSE |  |  |  |  |
| Lean Mass (g) | Exploratory | timepointfollowup:treatexercise | 639.170 | 378.494 | 44.220 | -123.526 | 1,401.867 | 0.098 | Full effects | TRUE |  | 0.309 |  | 0.309 |
| Lean Mass (g) | Exploratory | (Intercept) | 41,143.259 | 1,206.092 | 48.716 | 38,719.169 | 43,567.349 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Lean Mass (g) | Exploratory | timepointfollowup | -18.804 | 488.262 | 43.135 | -1,003.390 | 965.782 | 0.969 | Interaction effects | FALSE |  |  |  |  |
| Lean Mass (g) | Exploratory | ifn\_1\_netto | -116.822 | 360.936 | 48.332 | -842.403 | 608.760 | 0.748 | Interaction effects | FALSE |  |  |  |  |
| Lean Mass (g) | Exploratory | sexM | 14,052.246 | 2,046.006 | 48.048 | 9,938.582 | 18,165.909 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Lean Mass (g) | Exploratory | timepointfollowup:ifn\_1\_netto | 16.650 | 139.574 | 43.889 | -264.663 | 297.963 | 0.906 | Interaction effects | FALSE |  |  |  |  |
| Lean Mass (g) | Exploratory | timepointfollowup:treatexercise | 991.866 | 610.000 | 41.081 | -239.982 | 2,223.713 | 0.112 | Interaction effects | FALSE |  |  |  |  |
| Lean Mass (g) | Exploratory | timepointfollowup:ifn\_1\_netto:treatexercise | -166.778 | 194.161 | 41.163 | -558.848 | 225.292 | 0.395 | Interaction effects | TRUE |  |  | 0.909 | 0.909 |
| Gyneoid Mass (g) | Exploratory | (Intercept) | 5,021.843 | 242.031 | 48.744 | 4,535.400 | 5,508.287 | 0.000 | Full effects | FALSE |  |  |  |  |
| Gyneoid Mass (g) | Exploratory | timepointfollowup | 180.982 | 126.135 | 44.402 | -73.162 | 435.125 | 0.158 | Full effects | FALSE |  |  |  |  |
| Gyneoid Mass (g) | Exploratory | sexM | -1,559.168 | 671.550 | 45.132 | -2,911.630 | -206.705 | 0.025 | Full effects | FALSE |  |  |  |  |
| Gyneoid Mass (g) | Exploratory | timepointfollowup:treatexercise | -244.687 | 174.741 | 44.197 | -596.809 | 107.435 | 0.168 | Full effects | TRUE |  | 0.366 |  | 0.366 |
| Gyneoid Mass (g) | Exploratory | (Intercept) | 5,166.464 | 377.279 | 47.264 | 4,407.589 | 5,925.338 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Gyneoid Mass (g) | Exploratory | timepointfollowup | 323.146 | 219.900 | 41.270 | -120.863 | 767.155 | 0.149 | Interaction effects | FALSE |  |  |  |  |
| Gyneoid Mass (g) | Exploratory | ifn\_1\_netto | -51.554 | 112.477 | 48.182 | -277.683 | 174.574 | 0.649 | Interaction effects | FALSE |  |  |  |  |
| Gyneoid Mass (g) | Exploratory | sexM | -1,587.501 | 682.576 | 43.666 | -2,963.440 | -211.563 | 0.025 | Interaction effects | FALSE |  |  |  |  |
| Gyneoid Mass (g) | Exploratory | timepointfollowup:ifn\_1\_netto | -50.924 | 63.064 | 41.541 | -178.233 | 76.385 | 0.424 | Interaction effects | FALSE |  |  |  |  |
| Gyneoid Mass (g) | Exploratory | timepointfollowup:treatexercise | -235.133 | 279.545 | 41.042 | -799.667 | 329.401 | 0.405 | Interaction effects | FALSE |  |  |  |  |
| Gyneoid Mass (g) | Exploratory | timepointfollowup:ifn\_1\_netto:treatexercise | -28.357 | 90.474 | 41.223 | -211.044 | 154.329 | 0.756 | Interaction effects | TRUE |  |  | 0.993 | 0.993 |
| Android Mass (g) | Exploratory | (Intercept) | 1,963.546 | 160.691 | 50.082 | 1,640.802 | 2,286.290 | 0.000 | Full effects | FALSE |  |  |  |  |
| Android Mass (g) | Exploratory | timepointfollowup | -23.725 | 40.092 | 44.212 | -104.514 | 57.064 | 0.557 | Full effects | FALSE |  |  |  |  |
| Android Mass (g) | Exploratory | sexM | 321.346 | 434.722 | 49.245 | -552.150 | 1,194.843 | 0.463 | Full effects | FALSE |  |  |  |  |
| Android Mass (g) | Exploratory | timepointfollowup:treatexercise | -94.232 | 55.180 | 44.150 | -205.430 | 16.966 | 0.095 | Full effects | TRUE |  | 0.309 |  | 0.309 |
| Android Mass (g) | Exploratory | (Intercept) | 1,968.902 | 248.506 | 47.939 | 1,469.231 | 2,468.574 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Android Mass (g) | Exploratory | timepointfollowup | -7.702 | 69.743 | 41.532 | -148.496 | 133.093 | 0.913 | Interaction effects | FALSE |  |  |  |  |
| Android Mass (g) | Exploratory | ifn\_1\_netto | -13.524 | 74.124 | 48.087 | -162.552 | 135.505 | 0.856 | Interaction effects | FALSE |  |  |  |  |
| Android Mass (g) | Exploratory | sexM | 346.031 | 438.766 | 47.003 | -536.651 | 1,228.712 | 0.434 | Interaction effects | FALSE |  |  |  |  |
| Android Mass (g) | Exploratory | timepointfollowup:ifn\_1\_netto | -6.380 | 20.015 | 41.726 | -46.780 | 34.020 | 0.752 | Interaction effects | FALSE |  |  |  |  |
| Android Mass (g) | Exploratory | timepointfollowup:treatexercise | -67.597 | 87.851 | 41.019 | -245.014 | 109.819 | 0.446 | Interaction effects | FALSE |  |  |  |  |
| Android Mass (g) | Exploratory | timepointfollowup:ifn\_1\_netto:treatexercise | -15.854 | 28.362 | 41.034 | -73.131 | 41.423 | 0.579 | Interaction effects | TRUE |  |  | 0.993 | 0.993 |
| MVPA (min per day) | Exploratory | (Intercept) | 30.000 | 3.654 | 51.041 | 22.665 | 37.335 | 0.000 | Full effects | FALSE |  |  |  |  |
| MVPA (min per day) | Exploratory | timepointfollowup | -0.380 | 5.784 | 35.439 | -12.117 | 11.357 | 0.948 | Full effects | FALSE |  |  |  |  |
| MVPA (min per day) | Exploratory | sexM | 5.581 | 9.584 | 48.000 | -13.689 | 24.851 | 0.563 | Full effects | FALSE |  |  |  |  |
| MVPA (min per day) | Exploratory | timepointfollowup:treatexercise | 7.496 | 7.832 | 34.011 | -8.420 | 23.413 | 0.345 | Full effects | TRUE |  | 0.584 |  | 0.584 |
| MVPA (min per day) | Exploratory | (Intercept) | 24.637 | 5.399 | 48.974 | 13.788 | 35.487 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| MVPA (min per day) | Exploratory | sexM | 8.115 | 9.501 | 45.940 | -11.010 | 27.241 | 0.397 | Interaction effects | FALSE |  |  |  |  |
| MVPA (min per day) | Exploratory | timepointfollowup | 6.876 | 7.992 | 35.222 | -9.345 | 23.098 | 0.395 | Interaction effects | FALSE |  |  |  |  |
| MVPA (min per day) | Exploratory | ifn\_1\_netto | 1.497 | 1.600 | 48.498 | -1.718 | 4.712 | 0.354 | Interaction effects | FALSE |  |  |  |  |
| MVPA (min per day) | Exploratory | timepointfollowup:treatexercise | 4.781 | 10.235 | 34.703 | -16.004 | 25.566 | 0.643 | Interaction effects | FALSE |  |  |  |  |
| MVPA (min per day) | Exploratory | timepointfollowup:ifn\_1\_netto | -1.619 | 2.336 | 35.460 | -6.360 | 3.121 | 0.493 | Interaction effects | FALSE |  |  |  |  |
| MVPA (min per day) | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | 0.115 | 3.214 | 34.566 | -6.413 | 6.644 | 0.972 | Interaction effects | TRUE |  |  | 0.993 | 0.993 |
| Qslaq | Exploratory | (Intercept) | 10.163 | 0.788 | 52.962 | 8.582 | 11.744 | 0.000 | Full effects | FALSE |  |  |  |  |
| Qslaq | Exploratory | timepointfollowup | -0.933 | 0.593 | 48.675 | -2.125 | 0.260 | 0.122 | Full effects | FALSE |  |  |  |  |
| Qslaq | Exploratory | sexM | -0.923 | 2.014 | 50.572 | -4.968 | 3.122 | 0.649 | Full effects | FALSE |  |  |  |  |
| Qslaq | Exploratory | timepointfollowup:treatexercise | -1.683 | 0.799 | 45.588 | -3.292 | -0.075 | 0.041 | Full effects | TRUE |  | 0.179 |  | 0.179 |
| Qslaq | Exploratory | (Intercept) | 9.163 | 1.230 | 50.682 | 6.694 | 11.631 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Qslaq | Exploratory | timepointfollowup | 0.575 | 0.993 | 45.671 | -1.425 | 2.575 | 0.566 | Interaction effects | FALSE |  |  |  |  |
| Qslaq | Exploratory | sexM | -0.984 | 2.002 | 48.059 | -5.009 | 3.040 | 0.625 | Interaction effects | FALSE |  |  |  |  |
| Qslaq | Exploratory | ifn\_1\_netto | 0.440 | 0.367 | 49.244 | -0.298 | 1.179 | 0.236 | Interaction effects | FALSE |  |  |  |  |
| Qslaq | Exploratory | timepointfollowup:treatexercise | -3.251 | 1.251 | 42.570 | -5.773 | -0.728 | 0.013 | Interaction effects | FALSE |  |  |  |  |
| Qslaq | Exploratory | timepointfollowup:ifn\_1\_netto | -0.570 | 0.285 | 45.088 | -1.144 | 0.004 | 0.052 | Interaction effects | FALSE |  |  |  |  |
| Qslaq | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | 0.616 | 0.399 | 42.237 | -0.189 | 1.422 | 0.130 | Interaction effects | TRUE |  |  | 0.749 | 0.749 |
| Qslaq symptom score | Exploratory | (Intercept) | 8.740 | 0.590 | 52.593 | 7.557 | 9.924 | 0.000 | Full effects | FALSE |  |  |  |  |
| Qslaq symptom score | Exploratory | timepointfollowup | -0.800 | 0.459 | 47.376 | -1.724 | 0.123 | 0.088 | Full effects | FALSE |  |  |  |  |
| Qslaq symptom score | Exploratory | sexM | -0.930 | 1.531 | 50.593 | -4.005 | 2.145 | 0.546 | Full effects | FALSE |  |  |  |  |
| Qslaq symptom score | Exploratory | timepointfollowup:treatexercise | -1.375 | 0.627 | 45.384 | -2.637 | -0.113 | 0.033 | Full effects | TRUE |  | 0.179 |  | 0.179 |
| Qslaq symptom score | Exploratory | (Intercept) | 8.192 | 0.920 | 50.457 | 6.344 | 10.040 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Qslaq symptom score | Exploratory | timepointfollowup | 0.207 | 0.771 | 44.503 | -1.346 | 1.759 | 0.790 | Interaction effects | FALSE |  |  |  |  |
| Qslaq symptom score | Exploratory | sexM | -0.977 | 1.534 | 47.955 | -4.061 | 2.107 | 0.527 | Interaction effects | FALSE |  |  |  |  |
| Qslaq symptom score | Exploratory | ifn\_1\_netto | 0.255 | 0.275 | 49.270 | -0.297 | 0.807 | 0.358 | Interaction effects | FALSE |  |  |  |  |
| Qslaq symptom score | Exploratory | timepointfollowup:treatexercise | -2.168 | 0.982 | 42.683 | -4.147 | -0.188 | 0.033 | Interaction effects | FALSE |  |  |  |  |
| Qslaq symptom score | Exploratory | timepointfollowup:ifn\_1\_netto | -0.384 | 0.222 | 43.304 | -0.831 | 0.064 | 0.091 | Interaction effects | FALSE |  |  |  |  |
| Qslaq symptom score | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | 0.284 | 0.318 | 42.183 | -0.358 | 0.927 | 0.377 | Interaction effects | TRUE |  |  | 0.909 | 0.909 |
| Lung Function - Forced Vital Capacity (ml) | Exploratory | (Intercept) | 3.770 | 0.124 | 51.640 | 3.521 | 4.018 | 0.000 | Full effects | FALSE |  |  |  |  |
| Lung Function - Forced Vital Capacity (ml) | Exploratory | timepointfollowup | -0.024 | 0.067 | 46.396 | -0.159 | 0.111 | 0.724 | Full effects | FALSE |  |  |  |  |
| Lung Function - Forced Vital Capacity (ml) | Exploratory | sexM | 0.812 | 0.329 | 47.620 | 0.151 | 1.472 | 0.017 | Full effects | FALSE |  |  |  |  |
| Lung Function - Forced Vital Capacity (ml) | Exploratory | timepointfollowup:treatexercise | -0.037 | 0.090 | 44.672 | -0.218 | 0.145 | 0.686 | Full effects | TRUE |  | 0.919 |  | 0.919 |
| Lung Function - Forced Vital Capacity (ml) | Exploratory | (Intercept) | 3.871 | 0.192 | 49.455 | 3.485 | 4.257 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - Forced Vital Capacity (ml) | Exploratory | timepointfollowup | -0.050 | 0.121 | 42.710 | -0.293 | 0.194 | 0.683 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - Forced Vital Capacity (ml) | Exploratory | sexM | 0.779 | 0.326 | 45.379 | 0.123 | 1.436 | 0.021 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - Forced Vital Capacity (ml) | Exploratory | ifn\_1\_netto | -0.029 | 0.057 | 49.013 | -0.145 | 0.086 | 0.612 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - Forced Vital Capacity (ml) | Exploratory | timepointfollowup:treatexercise | -0.009 | 0.149 | 41.578 | -0.309 | 0.291 | 0.952 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - Forced Vital Capacity (ml) | Exploratory | timepointfollowup:ifn\_1\_netto | 0.013 | 0.034 | 43.845 | -0.055 | 0.081 | 0.709 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - Forced Vital Capacity (ml) | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | -0.017 | 0.046 | 41.777 | -0.109 | 0.076 | 0.717 | Interaction effects | TRUE |  |  | 0.993 | 0.993 |
| Lung Function - DLCO (ml) | Exploratory | (Intercept) | 6.972 | 0.229 | 51.578 | 6.513 | 7.432 | 0.000 | Full effects | FALSE |  |  |  |  |
| Lung Function - DLCO (ml) | Exploratory | timepointfollowup | 0.144 | 0.121 | 45.931 | -0.099 | 0.387 | 0.238 | Full effects | FALSE |  |  |  |  |
| Lung Function - DLCO (ml) | Exploratory | sexM | 1.400 | 0.618 | 51.182 | 0.160 | 2.640 | 0.028 | Full effects | FALSE |  |  |  |  |
| Lung Function - DLCO (ml) | Exploratory | timepointfollowup:treatexercise | -0.013 | 0.163 | 45.182 | -0.342 | 0.316 | 0.937 | Full effects | TRUE |  | 0.946 |  | 0.946 |
| Lung Function - DLCO (ml) | Exploratory | (Intercept) | 7.603 | 0.337 | 49.392 | 6.926 | 8.280 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - DLCO (ml) | Exploratory | timepointfollowup | 0.065 | 0.220 | 41.023 | -0.378 | 0.509 | 0.768 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - DLCO (ml) | Exploratory | sexM | 1.298 | 0.585 | 48.951 | 0.124 | 2.473 | 0.031 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - DLCO (ml) | Exploratory | ifn\_1\_netto | -0.227 | 0.101 | 49.111 | -0.429 | -0.025 | 0.029 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - DLCO (ml) | Exploratory | timepointfollowup:treatexercise | 0.083 | 0.276 | 41.870 | -0.474 | 0.639 | 0.766 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - DLCO (ml) | Exploratory | timepointfollowup:ifn\_1\_netto | 0.038 | 0.061 | 41.768 | -0.086 | 0.162 | 0.542 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - DLCO (ml) | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | -0.054 | 0.085 | 41.939 | -0.225 | 0.117 | 0.527 | Interaction effects | TRUE |  |  | 0.993 | 0.993 |
| Lung Function - FEV1 (ml) | Exploratory | (Intercept) | 2.976 | 0.105 | 51.507 | 2.766 | 3.187 | 0.000 | Full effects | FALSE |  |  |  |  |
| Lung Function - FEV1 (ml) | Exploratory | timepointfollowup | -0.015 | 0.048 | 45.370 | -0.111 | 0.081 | 0.758 | Full effects | FALSE |  |  |  |  |
| Lung Function - FEV1 (ml) | Exploratory | sexM | 0.662 | 0.280 | 49.584 | 0.100 | 1.224 | 0.022 | Full effects | FALSE |  |  |  |  |
| Lung Function - FEV1 (ml) | Exploratory | timepointfollowup:treatexercise | -0.004 | 0.065 | 45.906 | -0.135 | 0.126 | 0.946 | Full effects | TRUE |  | 0.946 |  | 0.946 |
| Lung Function - FEV1 (ml) | Exploratory | (Intercept) | 3.101 | 0.161 | 49.157 | 2.777 | 3.425 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - FEV1 (ml) | Exploratory | timepointfollowup | -0.067 | 0.086 | 41.838 | -0.240 | 0.105 | 0.436 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - FEV1 (ml) | Exploratory | sexM | 0.625 | 0.278 | 47.281 | 0.066 | 1.185 | 0.029 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - FEV1 (ml) | Exploratory | ifn\_1\_netto | -0.039 | 0.048 | 49.033 | -0.136 | 0.058 | 0.421 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - FEV1 (ml) | Exploratory | timepointfollowup:treatexercise | 0.058 | 0.106 | 42.622 | -0.155 | 0.271 | 0.585 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - FEV1 (ml) | Exploratory | timepointfollowup:ifn\_1\_netto | 0.020 | 0.024 | 43.766 | -0.028 | 0.067 | 0.412 | Interaction effects | FALSE |  |  |  |  |
| Lung Function - FEV1 (ml) | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | -0.027 | 0.032 | 41.818 | -0.092 | 0.037 | 0.402 | Interaction effects | TRUE |  |  | 0.909 | 0.909 |
| Fatigue Visual Analog Scale | Exploratory | (Intercept) | 42.020 | 3.185 | 51.969 | 35.629 | 48.411 | 0.000 | Full effects | FALSE |  |  |  |  |
| Fatigue Visual Analog Scale | Exploratory | timepointfollowup | 0.131 | 4.316 | 47.330 | -8.551 | 8.813 | 0.976 | Full effects | FALSE |  |  |  |  |
| Fatigue Visual Analog Scale | Exploratory | sexM | 17.563 | 8.461 | 50.135 | 0.568 | 34.557 | 0.043 | Full effects | FALSE |  |  |  |  |
| Fatigue Visual Analog Scale | Exploratory | timepointfollowup:treatexercise | 9.362 | 6.043 | 45.048 | -2.809 | 21.532 | 0.128 | Full effects | TRUE |  | 0.353 |  | 0.353 |
| Fatigue Visual Analog Scale | Exploratory | (Intercept) | 44.597 | 5.025 | 49.863 | 34.502 | 54.691 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Fatigue Visual Analog Scale | Exploratory | timepointfollowup | 7.269 | 7.491 | 43.136 | -7.836 | 22.374 | 0.337 | Interaction effects | FALSE |  |  |  |  |
| Fatigue Visual Analog Scale | Exploratory | sexM | 17.413 | 8.441 | 47.278 | 0.435 | 34.390 | 0.045 | Interaction effects | FALSE |  |  |  |  |
| Fatigue Visual Analog Scale | Exploratory | ifn\_1\_netto | -1.001 | 1.504 | 49.235 | -4.023 | 2.020 | 0.509 | Interaction effects | FALSE |  |  |  |  |
| Fatigue Visual Analog Scale | Exploratory | timepointfollowup:treatexercise | 6.492 | 9.536 | 41.684 | -12.757 | 25.740 | 0.500 | Interaction effects | FALSE |  |  |  |  |
| Fatigue Visual Analog Scale | Exploratory | timepointfollowup:ifn\_1\_netto | -2.260 | 2.129 | 44.636 | -6.548 | 2.029 | 0.294 | Interaction effects | FALSE |  |  |  |  |
| Fatigue Visual Analog Scale | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | -0.130 | 2.939 | 43.734 | -6.055 | 5.795 | 0.965 | Interaction effects | TRUE |  |  | 0.993 | 0.993 |
| Pain Visual Analog Scale | Exploratory | (Intercept) | 65.326 | 3.717 | 51.550 | 57.865 | 72.786 | 0.000 | Full effects | FALSE |  |  |  |  |
| Pain Visual Analog Scale | Exploratory | timepointfollowup | -0.264 | 3.937 | 46.381 | -8.188 | 7.660 | 0.947 | Full effects | FALSE |  |  |  |  |
| Pain Visual Analog Scale | Exploratory | sexM | 8.606 | 10.020 | 50.204 | -11.518 | 28.731 | 0.394 | Full effects | FALSE |  |  |  |  |
| Pain Visual Analog Scale | Exploratory | timepointfollowup:treatexercise | 1.471 | 5.475 | 46.461 | -9.546 | 12.488 | 0.789 | Full effects | TRUE |  | 0.946 |  | 0.946 |
| Pain Visual Analog Scale | Exploratory | (Intercept) | 70.531 | 5.673 | 49.339 | 59.133 | 81.929 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Pain Visual Analog Scale | Exploratory | timepointfollowup | -12.267 | 6.344 | 45.140 | -25.044 | 0.510 | 0.059 | Interaction effects | FALSE |  |  |  |  |
| Pain Visual Analog Scale | Exploratory | ifn\_1\_netto | -2.361 | 1.694 | 49.096 | -5.764 | 1.042 | 0.170 | Interaction effects | FALSE |  |  |  |  |
| Pain Visual Analog Scale | Exploratory | sexM | 9.087 | 9.847 | 47.873 | -10.713 | 28.887 | 0.361 | Interaction effects | FALSE |  |  |  |  |
| Pain Visual Analog Scale | Exploratory | timepointfollowup:treatexercise | 16.671 | 8.112 | 43.991 | 0.323 | 33.020 | 0.046 | Interaction effects | FALSE |  |  |  |  |
| Pain Visual Analog Scale | Exploratory | timepointfollowup:ifn\_1\_netto | 4.621 | 1.826 | 44.531 | 0.943 | 8.299 | 0.015 | Interaction effects | FALSE |  |  |  |  |
| Pain Visual Analog Scale | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | -6.270 | 2.604 | 43.560 | -11.520 | -1.020 | 0.020 | Interaction effects | TRUE |  |  | 0.268 | 0.268 |
| Daily Energy Intake (kJ) | Exploratory | (Intercept) | 7,606.950 | 345.124 | 38.247 | 6,908.430 | 8,305.469 | 0.000 | Full effects | FALSE |  |  |  |  |
| Daily Energy Intake (kJ) | Exploratory | timepointfollowup | -769.704 | 494.206 | 39.333 | -1,769.059 | 229.651 | 0.127 | Full effects | FALSE |  |  |  |  |
| Daily Energy Intake (kJ) | Exploratory | sexM | 1,940.335 | 938.041 | 32.654 | 31.107 | 3,849.563 | 0.047 | Full effects | FALSE |  |  |  |  |
| Daily Energy Intake (kJ) | Exploratory | timepointfollowup:treatexercise | 669.656 | 606.857 | 33.721 | -564.002 | 1,903.315 | 0.278 | Full effects | TRUE |  | 0.509 |  | 0.509 |
| Daily Energy Intake (kJ) | Exploratory | (Intercept) | 8,250.126 | 526.926 | 34.906 | 7,180.307 | 9,319.945 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Daily Energy Intake (kJ) | Exploratory | timepointfollowup | -393.459 | 900.961 | 41.065 | -2,212.899 | 1,425.981 | 0.665 | Interaction effects | FALSE |  |  |  |  |
| Daily Energy Intake (kJ) | Exploratory | sexM | 2,149.473 | 934.952 | 33.303 | 247.956 | 4,050.990 | 0.028 | Interaction effects | FALSE |  |  |  |  |
| Daily Energy Intake (kJ) | Exploratory | ifn\_1\_netto | -265.888 | 164.197 | 36.468 | -598.747 | 66.972 | 0.114 | Interaction effects | FALSE |  |  |  |  |
| Daily Energy Intake (kJ) | Exploratory | timepointfollowup:treatexercise | -333.551 | 1,028.293 | 32.729 | -2,426.287 | 1,759.184 | 0.748 | Interaction effects | FALSE |  |  |  |  |
| Daily Energy Intake (kJ) | Exploratory | timepointfollowup:ifn\_1\_netto | -92.275 | 254.188 | 41.146 | -605.563 | 421.013 | 0.718 | Interaction effects | FALSE |  |  |  |  |
| Daily Energy Intake (kJ) | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | 377.841 | 309.348 | 32.818 | -251.665 | 1,007.346 | 0.231 | Interaction effects | TRUE |  |  | 0.884 | 0.884 |
| Daily Lipid Intake (g) | Exploratory | (Intercept) | 73.190 | 3.879 | 38.359 | 65.340 | 81.040 | 0.000 | Full effects | FALSE |  |  |  |  |
| Daily Lipid Intake (g) | Exploratory | timepointfollowup | -8.377 | 5.453 | 35.416 | -19.443 | 2.689 | 0.133 | Full effects | FALSE |  |  |  |  |
| Daily Lipid Intake (g) | Exploratory | sexM | 22.434 | 9.660 | 30.229 | 2.712 | 42.156 | 0.027 | Full effects | FALSE |  |  |  |  |
| Daily Lipid Intake (g) | Exploratory | timepointfollowup:treatexercise | 2.424 | 6.460 | 30.861 | -10.754 | 15.602 | 0.710 | Full effects | TRUE |  | 0.919 |  | 0.919 |
| Daily Lipid Intake (g) | Exploratory | (Intercept) | 77.059 | 6.151 | 34.586 | 64.566 | 89.552 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Daily Lipid Intake (g) | Exploratory | timepointfollowup | -9.511 | 9.752 | 42.134 | -29.189 | 10.167 | 0.335 | Interaction effects | FALSE |  |  |  |  |
| Daily Lipid Intake (g) | Exploratory | sexM | 23.445 | 9.972 | 29.733 | 3.072 | 43.818 | 0.026 | Interaction effects | FALSE |  |  |  |  |
| Daily Lipid Intake (g) | Exploratory | ifn\_1\_netto | -1.581 | 1.917 | 36.029 | -5.470 | 2.308 | 0.415 | Interaction effects | FALSE |  |  |  |  |
| Daily Lipid Intake (g) | Exploratory | timepointfollowup:treatexercise | 0.349 | 10.774 | 31.415 | -21.614 | 22.311 | 0.974 | Interaction effects | FALSE |  |  |  |  |
| Daily Lipid Intake (g) | Exploratory | timepointfollowup:ifn\_1\_netto | 0.570 | 2.738 | 44.727 | -4.945 | 6.086 | 0.836 | Interaction effects | FALSE |  |  |  |  |
| Daily Lipid Intake (g) | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | 0.824 | 3.182 | 32.417 | -5.654 | 7.303 | 0.797 | Interaction effects | TRUE |  |  | 0.993 | 0.993 |
| Daily Carbohydrate Intake (g) | Exploratory | (Intercept) | 195.820 | 12.540 | 38.230 | 170.438 | 221.201 | 0.000 | Full effects | FALSE |  |  |  |  |
| Daily Carbohydrate Intake (g) | Exploratory | timepointfollowup | -9.579 | 16.736 | 39.366 | -43.420 | 24.262 | 0.570 | Full effects | FALSE |  |  |  |  |
| Daily Carbohydrate Intake (g) | Exploratory | sexM | 38.282 | 34.170 | 34.727 | -31.106 | 107.671 | 0.270 | Full effects | FALSE |  |  |  |  |
| Daily Carbohydrate Intake (g) | Exploratory | timepointfollowup:treatexercise | 9.939 | 20.688 | 31.562 | -32.223 | 52.101 | 0.634 | Full effects | TRUE |  | 0.919 |  | 0.919 |
| Daily Carbohydrate Intake (g) | Exploratory | (Intercept) | 213.330 | 19.476 | 34.894 | 173.787 | 252.873 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Daily Carbohydrate Intake (g) | Exploratory | timepointfollowup | 16.457 | 30.520 | 41.156 | -45.173 | 78.087 | 0.593 | Interaction effects | FALSE |  |  |  |  |
| Daily Carbohydrate Intake (g) | Exploratory | sexM | 44.339 | 33.789 | 35.108 | -24.249 | 112.928 | 0.198 | Interaction effects | FALSE |  |  |  |  |
| Daily Carbohydrate Intake (g) | Exploratory | ifn\_1\_netto | -7.264 | 6.050 | 36.728 | -19.525 | 4.998 | 0.238 | Interaction effects | FALSE |  |  |  |  |
| Daily Carbohydrate Intake (g) | Exploratory | timepointfollowup:treatexercise | -35.180 | 34.298 | 32.059 | -105.038 | 34.677 | 0.313 | Interaction effects | FALSE |  |  |  |  |
| Daily Carbohydrate Intake (g) | Exploratory | timepointfollowup:ifn\_1\_netto | -7.770 | 8.596 | 42.465 | -25.112 | 9.572 | 0.371 | Interaction effects | FALSE |  |  |  |  |
| Daily Carbohydrate Intake (g) | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | 16.686 | 10.344 | 32.539 | -4.370 | 37.742 | 0.116 | Interaction effects | TRUE |  |  | 0.749 | 0.749 |
| Daily Protein Intake (g) | Exploratory | (Intercept) | 75.635 | 3.311 | 34.954 | 68.913 | 82.357 | 0.000 | Full effects | FALSE |  |  |  |  |
| Daily Protein Intake (g) | Exploratory | timepointfollowup | -11.636 | 5.240 | 38.263 | -22.241 | -1.032 | 0.032 | Full effects | FALSE |  |  |  |  |
| Daily Protein Intake (g) | Exploratory | sexM | 17.813 | 8.750 | 30.257 | -0.051 | 35.678 | 0.051 | Full effects | FALSE |  |  |  |  |
| Daily Protein Intake (g) | Exploratory | timepointfollowup:treatexercise | 16.470 | 6.362 | 33.229 | 3.530 | 29.410 | 0.014 | Full effects | TRUE |  | 0.104 |  | 0.104 |
| Daily Protein Intake (g) | Exploratory | (Intercept) | 79.195 | 5.145 | 32.967 | 68.728 | 89.662 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Daily Protein Intake (g) | Exploratory | timepointfollowup | -13.630 | 9.573 | 40.265 | -32.975 | 5.715 | 0.162 | Interaction effects | FALSE |  |  |  |  |
| Daily Protein Intake (g) | Exploratory | sexM | 18.649 | 9.024 | 29.994 | 0.220 | 37.078 | 0.047 | Interaction effects | FALSE |  |  |  |  |
| Daily Protein Intake (g) | Exploratory | ifn\_1\_netto | -1.473 | 1.611 | 34.390 | -4.746 | 1.799 | 0.367 | Interaction effects | FALSE |  |  |  |  |
| Daily Protein Intake (g) | Exploratory | timepointfollowup:treatexercise | 13.314 | 10.947 | 31.341 | -9.004 | 35.631 | 0.233 | Interaction effects | FALSE |  |  |  |  |
| Daily Protein Intake (g) | Exploratory | timepointfollowup:ifn\_1\_netto | 0.841 | 2.702 | 39.604 | -4.621 | 6.303 | 0.757 | Interaction effects | FALSE |  |  |  |  |
| Daily Protein Intake (g) | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | 1.509 | 3.298 | 30.752 | -5.219 | 8.237 | 0.651 | Interaction effects | TRUE |  |  | 0.993 | 0.993 |
| Daily ethanol Intake (g) | Exploratory | (Intercept) | 3.520 | 1.321 | 42.817 | 0.854 | 6.185 | 0.011 | Full effects | FALSE |  |  |  |  |
| Daily ethanol Intake (g) | Exploratory | timepointfollowup | -2.273 | 1.272 | 38.433 | -4.848 | 0.301 | 0.082 | Full effects | FALSE |  |  |  |  |
| Daily ethanol Intake (g) | Exploratory | sexM | 7.217 | 3.264 | 29.802 | 0.550 | 13.885 | 0.035 | Full effects | FALSE |  |  |  |  |
| Daily ethanol Intake (g) | Exploratory | timepointfollowup:treatexercise | 3.817 | 1.450 | 31.791 | 0.862 | 6.772 | 0.013 | Full effects | TRUE |  | 0.104 |  | 0.104 |
| Daily ethanol Intake (g) | Exploratory | (Intercept) | 7.438 | 1.999 | 37.925 | 3.391 | 11.484 | 0.001 | Interaction effects | FALSE |  |  |  |  |
| Daily ethanol Intake (g) | Exploratory | timepointfollowup | -3.971 | 2.442 | 33.696 | -8.936 | 0.994 | 0.113 | Interaction effects | FALSE |  |  |  |  |
| Daily ethanol Intake (g) | Exploratory | sexM | 7.395 | 3.232 | 29.984 | 0.794 | 13.997 | 0.029 | Interaction effects | FALSE |  |  |  |  |
| Daily ethanol Intake (g) | Exploratory | ifn\_1\_netto | -1.519 | 0.612 | 40.158 | -2.757 | -0.282 | 0.017 | Interaction effects | FALSE |  |  |  |  |
| Daily ethanol Intake (g) | Exploratory | timepointfollowup:treatexercise | 3.409 | 2.651 | 30.264 | -2.003 | 8.820 | 0.208 | Interaction effects | FALSE |  |  |  |  |
| Daily ethanol Intake (g) | Exploratory | timepointfollowup:ifn\_1\_netto | 0.685 | 0.694 | 34.116 | -0.724 | 2.094 | 0.330 | Interaction effects | FALSE |  |  |  |  |
| Daily ethanol Intake (g) | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | 0.187 | 0.788 | 31.296 | -1.420 | 1.794 | 0.814 | Interaction effects | TRUE |  |  | 0.993 | 0.993 |
| Body Mass Index | Exploratory | (Intercept) | 25.242 | 0.712 | 50.602 | 23.811 | 26.672 | 0.000 | Full effects | FALSE |  |  |  |  |
| Body Mass Index | Exploratory | timepointfollowup | -0.135 | 0.137 | 47.259 | -0.410 | 0.140 | 0.327 | Full effects | FALSE |  |  |  |  |
| Body Mass Index | Exploratory | sexM | 0.187 | 1.969 | 48.509 | -3.772 | 4.145 | 0.925 | Full effects | FALSE |  |  |  |  |
| Body Mass Index | Exploratory | timepointfollowup:treatexercise | -0.032 | 0.191 | 46.934 | -0.417 | 0.352 | 0.867 | Full effects | TRUE |  | 0.946 |  | 0.946 |
| Body Mass Index | Exploratory | (Intercept) | 25.617 | 1.092 | 48.771 | 23.423 | 27.812 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Body Mass Index | Exploratory | timepointfollowup | -0.022 | 0.240 | 44.179 | -0.505 | 0.461 | 0.927 | Interaction effects | FALSE |  |  |  |  |
| Body Mass Index | Exploratory | ifn\_1\_netto | -0.215 | 0.325 | 48.999 | -0.869 | 0.438 | 0.511 | Interaction effects | FALSE |  |  |  |  |
| Body Mass Index | Exploratory | sexM | 0.275 | 1.951 | 46.689 | -3.650 | 4.200 | 0.888 | Interaction effects | FALSE |  |  |  |  |
| Body Mass Index | Exploratory | timepointfollowup:treatexercise | -0.060 | 0.309 | 43.979 | -0.684 | 0.563 | 0.846 | Interaction effects | FALSE |  |  |  |  |
| Body Mass Index | Exploratory | timepointfollowup:ifn\_1\_netto | -0.043 | 0.069 | 44.167 | -0.181 | 0.095 | 0.532 | Interaction effects | FALSE |  |  |  |  |
| Body Mass Index | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | 0.001 | 0.098 | 43.961 | -0.197 | 0.199 | 0.993 | Interaction effects | TRUE |  |  | 0.993 | 0.993 |
| Waist Height Ratio | Exploratory | (Intercept) | 0.454 | 0.012 | 20.881 | 0.429 | 0.479 | 0.000 | Full effects | FALSE |  |  |  |  |
| Waist Height Ratio | Exploratory | timepointfollowup | -0.003 | 0.006 | 11.570 | -0.017 | 0.010 | 0.621 | Full effects | FALSE |  |  |  |  |
| Waist Height Ratio | Exploratory | sexM | 0.059 | 0.050 | 20.139 | -0.045 | 0.163 | 0.252 | Full effects | FALSE |  |  |  |  |
| Waist Height Ratio | Exploratory | timepointfollowup:treatexercise | -0.001 | 0.008 | 11.740 | -0.019 | 0.017 | 0.938 | Full effects | TRUE |  | 0.946 |  | 0.946 |
| Waist Height Ratio | Exploratory | (Intercept) | 0.437 | 0.017 | 19.964 | 0.402 | 0.472 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Waist Height Ratio | Exploratory | timepointfollowup | -0.003 | 0.011 | 9.402 | -0.028 | 0.021 | 0.762 | Interaction effects | FALSE |  |  |  |  |
| Waist Height Ratio | Exploratory | ifn\_1\_netto | 0.008 | 0.005 | 19.983 | -0.004 | 0.019 | 0.174 | Interaction effects | FALSE |  |  |  |  |
| Waist Height Ratio | Exploratory | sexM | 0.061 | 0.051 | 18.798 | -0.046 | 0.167 | 0.247 | Interaction effects | FALSE |  |  |  |  |
| Waist Height Ratio | Exploratory | timepointfollowup:treatexercise | 0.006 | 0.013 | 9.584 | -0.023 | 0.035 | 0.648 | Interaction effects | FALSE |  |  |  |  |
| Waist Height Ratio | Exploratory | timepointfollowup:ifn\_1\_netto | 0.000 | 0.003 | 9.118 | -0.007 | 0.007 | 0.927 | Interaction effects | FALSE |  |  |  |  |
| Waist Height Ratio | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | -0.004 | 0.004 | 8.947 | -0.013 | 0.005 | 0.372 | Interaction effects | TRUE |  |  | 0.909 | 0.909 |
| Body weight (kg) | Exploratory | (Intercept) | 69.514 | 2.039 | 49.636 | 65.417 | 73.610 | 0.000 | Full effects | FALSE |  |  |  |  |
| Body weight (kg) | Exploratory | timepointfollowup | -0.149 | 0.360 | 46.947 | -0.874 | 0.577 | 0.682 | Full effects | FALSE |  |  |  |  |
| Body weight (kg) | Exploratory | sexM | 11.011 | 5.742 | 45.656 | -0.551 | 22.572 | 0.061 | Full effects | FALSE |  |  |  |  |
| Body weight (kg) | Exploratory | timepointfollowup:treatexercise | -0.294 | 0.504 | 46.992 | -1.308 | 0.721 | 0.563 | Full effects | TRUE |  | 0.885 |  | 0.885 |
| Body weight (kg) | Exploratory | (Intercept) | 71.058 | 3.203 | 48.235 | 64.619 | 77.497 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| Body weight (kg) | Exploratory | timepointfollowup | 0.057 | 0.634 | 43.799 | -1.221 | 1.334 | 0.929 | Interaction effects | FALSE |  |  |  |  |
| Body weight (kg) | Exploratory | ifn\_1\_netto | -0.660 | 0.953 | 48.986 | -2.574 | 1.255 | 0.492 | Interaction effects | FALSE |  |  |  |  |
| Body weight (kg) | Exploratory | sexM | 10.963 | 5.826 | 44.023 | -0.778 | 22.705 | 0.066 | Interaction effects | FALSE |  |  |  |  |
| Body weight (kg) | Exploratory | timepointfollowup:treatexercise | -0.229 | 0.822 | 44.029 | -1.886 | 1.428 | 0.782 | Interaction effects | FALSE |  |  |  |  |
| Body weight (kg) | Exploratory | timepointfollowup:ifn\_1\_netto | -0.078 | 0.181 | 43.814 | -0.443 | 0.287 | 0.667 | Interaction effects | FALSE |  |  |  |  |
| Body weight (kg) | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | -0.056 | 0.262 | 44.097 | -0.583 | 0.471 | 0.831 | Interaction effects | TRUE |  |  | 0.993 | 0.993 |
| VO2max (ml/min) | Exploratory | (Intercept) | 1,913.727 | 76.515 | 52.418 | 1,737.159 | 2,090.296 | 0.000 | Full effects | FALSE |  |  |  |  |
| VO2max (ml/min) | Exploratory | timepointbaseline | -106.747 | 28.767 | 47.247 | -173.346 | -40.147 | 0.001 | Full effects | FALSE |  |  |  |  |
| VO2max (ml/min) | Exploratory | timepointfollowup | -74.280 | 47.235 | 51.222 | -183.355 | 34.795 | 0.122 | Full effects | FALSE |  |  |  |  |
| VO2max (ml/min) | Exploratory | sexM | 588.100 | 178.663 | 52.065 | 175.732 | 1,000.468 | 0.002 | Full effects | FALSE |  |  |  |  |
| VO2max (ml/min) | Exploratory | timepointfollowup:treatexercise | 171.741 | 62.755 | 46.425 | 26.373 | 317.109 | 0.009 | Full effects | TRUE |  | 0.104 |  | 0.104 |
| VO2max (ml/min) | Exploratory | (Intercept) | 2,063.349 | 118.354 | 49.518 | 1,789.761 | 2,336.936 | 0.000 | Interaction effects | FALSE |  |  |  |  |
| VO2max (ml/min) | Exploratory | timepointbaseline | -112.060 | 46.694 | 45.710 | -220.281 | -3.839 | 0.021 | Interaction effects | FALSE |  |  |  |  |
| VO2max (ml/min) | Exploratory | timepointfollowup | -80.510 | 79.443 | 47.285 | -264.423 | 103.403 | 0.316 | Interaction effects | FALSE |  |  |  |  |
| VO2max (ml/min) | Exploratory | sexM | 583.772 | 174.039 | 49.760 | 181.523 | 986.021 | 0.002 | Interaction effects | FALSE |  |  |  |  |
| VO2max (ml/min) | Exploratory | ifn\_1\_netto | -56.621 | 35.755 | 48.319 | -139.336 | 26.094 | 0.120 | Interaction effects | FALSE |  |  |  |  |
| VO2max (ml/min) | Exploratory | timepointfollowup:treatexercise | 237.722 | 97.763 | 42.074 | 10.475 | 464.968 | 0.019 | Interaction effects | FALSE |  |  |  |  |
| VO2max (ml/min) | Exploratory | timepointbaseline:ifn\_1\_netto | 2.774 | 14.591 | 45.823 | -31.039 | 36.587 | 0.850 | Interaction effects | FALSE |  |  |  |  |
| VO2max (ml/min) | Exploratory | timepointfollowup:ifn\_1\_netto | 6.299 | 23.142 | 47.974 | -47.249 | 59.847 | 0.787 | Interaction effects | FALSE |  |  |  |  |
| VO2max (ml/min) | Exploratory | timepointfollowup:treatexercise:ifn\_1\_netto | -41.470 | 32.110 | 40.873 | -116.191 | 33.250 | 0.204 | Interaction effects | TRUE |  |  | 0.884 | 0.884 |