| Outcome | Outcome\_Class | Predictor | estimate | se | df | lower | upper | p.value | Model\_Type | In\_hypothesis | p.adjust\_Bonferroni | 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) | 4.775 | 0.275 | 49.459 | 4.138 | 5.412 | 0.000 | Interaction effects | FALSE | 0.000 |  |
| FSS | Primary | timepointfollowup | 0.015 | 0.284 | 44.980 | -0.643 | 0.673 | 0.958 | Interaction effects | FALSE | 0.999 |  |
| FSS | Primary | m\_1\_2 | 0.015 | 0.048 | 49.120 | -0.096 | 0.127 | 0.755 | Interaction effects | FALSE | 0.999 |  |
| FSS | Primary | sexM | -0.186 | 0.537 | 48.485 | -1.429 | 1.057 | 0.731 | Interaction effects | FALSE | 0.999 |  |
| FSS | Primary | timepointfollowup:treatexercise | -0.515 | 0.359 | 44.046 | -1.348 | 0.317 | 0.158 | Interaction effects | FALSE | 0.316 |  |
| FSS | Primary | timepointfollowup:treatcontrol:m\_1\_2 | -0.013 | 0.047 | 44.983 | -0.122 | 0.097 | 0.790 | Interaction effects | FALSE | 0.999 |  |
| FSS | Primary | timepointfollowup:treatexercise:m\_1\_2 | 0.138 | 0.048 | 44.922 | 0.026 | 0.250 | 0.006 | Interaction effects | TRUE | 0.013 |  |
| Aerobic Capacity (ml/kg/min) | Primary | (Intercept) | 27.855 | 1.053 | 52.061 | 25.742 | 29.968 | 0.000 | Full effects | FALSE | 0.000 |  |
| Aerobic Capacity (ml/kg/min) | Primary | timepointbaseline | -1.608 | 0.451 | 45.650 | -2.516 | -0.701 | 0.001 | Full effects | FALSE | 0.002 |  |
| Aerobic Capacity (ml/kg/min) | Primary | timepointfollowup | -1.062 | 0.583 | 49.773 | -2.232 | 0.109 | 0.074 | Full effects | FALSE | 0.149 |  |
| Aerobic Capacity (ml/kg/min) | Primary | sexM | 3.906 | 2.651 | 52.587 | -1.412 | 9.224 | 0.147 | Full effects | FALSE | 0.293 |  |
| Aerobic Capacity (ml/kg/min) | Primary | timepointfollowup:treatexercise | 2.453 | 0.772 | 45.744 | 0.898 | 4.008 | 0.003 | Full effects | TRUE | 0.005 |  |
| Aerobic Capacity (ml/kg/min) | Primary | (Intercept) | 29.066 | 1.455 | 50.259 | 26.144 | 31.989 | 0.000 | Interaction effects | FALSE | 0.000 |  |
| Aerobic Capacity (ml/kg/min) | Primary | timepointbaseline | -1.461 | 0.650 | 43.984 | -2.772 | -0.151 | 0.030 | Interaction effects | FALSE | 0.059 |  |
| Aerobic Capacity (ml/kg/min) | Primary | timepointfollowup | -1.213 | 0.895 | 47.230 | -3.012 | 0.587 | 0.182 | Interaction effects | FALSE | 0.363 |  |
| Aerobic Capacity (ml/kg/min) | Primary | m\_1\_2 | -0.274 | 0.257 | 49.269 | -0.791 | 0.243 | 0.293 | Interaction effects | FALSE | 0.585 |  |
| Aerobic Capacity (ml/kg/min) | Primary | sexM | 3.690 | 2.579 | 49.793 | -1.491 | 8.870 | 0.159 | Interaction effects | FALSE | 0.318 |  |
| Aerobic Capacity (ml/kg/min) | Primary | timepointfollowup:treatexercise | 3.396 | 1.067 | 41.992 | 1.243 | 5.549 | 0.003 | Interaction effects | FALSE | 0.005 |  |
| Aerobic Capacity (ml/kg/min) | Primary | timepointbaseline:treatcontrol:m\_1\_2 | -0.033 | 0.118 | 43.349 | -0.272 | 0.205 | 0.780 | Interaction effects | FALSE | 0.999 |  |
| Aerobic Capacity (ml/kg/min) | Primary | timepointfollowup:treatcontrol:m\_1\_2 | 0.056 | 0.151 | 46.417 | -0.248 | 0.361 | 0.711 | Interaction effects | FALSE | 0.999 |  |
| Aerobic Capacity (ml/kg/min) | Primary | timepointfollowup:treatexercise:m\_1\_2 | -0.326 | 0.157 | 45.709 | -0.642 | -0.009 | 0.044 | Interaction effects | TRUE | 0.088 |  |
| 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 |  | 0.728 |
| SLEDAI | Secondary | (Intercept) | 5.767 | 0.712 | 36.951 | 4.325 | 7.209 | 0.000 | Interaction effects | FALSE |  |  |
| SLEDAI | Secondary | timepointfollowup | 1.766 | 1.295 | 31.780 | -0.873 | 4.405 | 0.182 | Interaction effects | FALSE |  |  |
| SLEDAI | Secondary | m\_1\_2 | 0.012 | 0.125 | 37.027 | -0.241 | 0.266 | 0.923 | Interaction effects | FALSE |  |  |
| SLEDAI | Secondary | sexM | -0.381 | 1.393 | 34.488 | -3.209 | 2.448 | 0.786 | Interaction effects | FALSE |  |  |
| SLEDAI | Secondary | timepointfollowup:treatexercise | -1.443 | 1.642 | 31.295 | -4.789 | 1.904 | 0.386 | Interaction effects | FALSE |  |  |
| SLEDAI | Secondary | timepointfollowup:treatcontrol:m\_1\_2 | 0.003 | 0.220 | 29.854 | -0.446 | 0.452 | 0.988 | Interaction effects | FALSE |  |  |
| SLEDAI | Secondary | timepointfollowup:treatexercise:m\_1\_2 | -0.108 | 0.218 | 30.485 | -0.554 | 0.338 | 0.624 | Interaction effects | TRUE |  | 0.906 |
| 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 |  | 0.728 |
| SF-36 Physical aggregate score | Secondary | (Intercept) | 41.812 | 1.985 | 49.711 | 37.824 | 45.801 | 0.000 | Interaction effects | FALSE |  |  |
| SF-36 Physical aggregate score | Secondary | timepointfollowup | -3.221 | 1.744 | 45.663 | -6.733 | 0.291 | 0.071 | Interaction effects | FALSE |  |  |
| SF-36 Physical aggregate score | Secondary | m\_1\_2 | 0.069 | 0.348 | 49.177 | -0.630 | 0.768 | 0.843 | Interaction effects | FALSE |  |  |
| SF-36 Physical aggregate score | Secondary | sexM | 2.292 | 3.819 | 47.537 | -5.388 | 9.972 | 0.551 | Interaction effects | FALSE |  |  |
| SF-36 Physical aggregate score | Secondary | timepointfollowup:treatexercise | 4.134 | 2.192 | 44.034 | -0.284 | 8.552 | 0.066 | Interaction effects | FALSE |  |  |
| SF-36 Physical aggregate score | Secondary | timepointfollowup:treatcontrol:m\_1\_2 | 0.554 | 0.296 | 43.831 | -0.043 | 1.151 | 0.068 | Interaction effects | FALSE |  |  |
| SF-36 Physical aggregate score | Secondary | timepointfollowup:treatexercise:m\_1\_2 | 0.036 | 0.303 | 43.472 | -0.575 | 0.647 | 0.906 | Interaction effects | TRUE |  | 0.906 |
| 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 |  | 0.906 |
| SF-36 mental aggregate score | Secondary | (Intercept) | 49.812 | 2.056 | 50.278 | 45.682 | 53.941 | 0.000 | Interaction effects | FALSE |  |  |
| SF-36 mental aggregate score | Secondary | timepointfollowup | 0.061 | 2.958 | 47.055 | -5.889 | 6.011 | 0.984 | Interaction effects | FALSE |  |  |
| SF-36 mental aggregate score | Secondary | m\_1\_2 | -1.215 | 0.361 | 49.302 | -1.942 | -0.489 | 0.001 | Interaction effects | FALSE |  |  |
| SF-36 mental aggregate score | Secondary | sexM | 4.304 | 3.830 | 46.020 | -3.406 | 12.014 | 0.267 | Interaction effects | FALSE |  |  |
| SF-36 mental aggregate score | Secondary | timepointfollowup:treatexercise | -0.806 | 3.662 | 44.058 | -8.185 | 6.573 | 0.827 | Interaction effects | FALSE |  |  |
| SF-36 mental aggregate score | Secondary | timepointfollowup:treatcontrol:m\_1\_2 | 0.251 | 0.498 | 45.928 | -0.752 | 1.254 | 0.616 | Interaction effects | FALSE |  |  |
| SF-36 mental aggregate score | Secondary | timepointfollowup:treatexercise:m\_1\_2 | 0.365 | 0.505 | 46.964 | -0.650 | 1.381 | 0.473 | Interaction effects | TRUE |  | 0.906 |
| FSS | Primary | (Intercept) | 4.775 | 0.275 | 49.459 | 4.138 | 5.412 | 0.000 | Interaction effects | FALSE |  |  |
| FSS | Primary | timepointfollowup | 0.015 | 0.284 | 44.980 | -0.643 | 0.673 | 0.958 | Interaction effects | FALSE |  |  |
| FSS | Primary | m\_1\_2 | 0.015 | 0.048 | 49.120 | -0.096 | 0.127 | 0.755 | Interaction effects | FALSE |  |  |
| FSS | Primary | sexM | -0.186 | 0.537 | 48.485 | -1.429 | 1.057 | 0.731 | Interaction effects | FALSE |  |  |
| FSS | Primary | timepointfollowup:treatexercise | -0.515 | 0.359 | 44.046 | -1.348 | 0.317 | 0.158 | Interaction effects | FALSE |  |  |
| FSS | Primary | timepointfollowup:treatcontrol:m\_1\_2 | -0.013 | 0.047 | 44.983 | -0.122 | 0.097 | 0.790 | Interaction effects | FALSE |  |  |
| FSS | Primary | timepointfollowup:treatexercise:m\_1\_2 | 0.138 | 0.048 | 44.922 | 0.026 | 0.250 | 0.006 | Interaction effects | TRUE |  | 0.170 |
| 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 |  | 0.469 |
| VAS Physician | Exploratory | (Intercept) | 18.203 | 3.375 | 48.875 | 11.421 | 24.986 | 0.000 | Interaction effects | FALSE |  |  |
| VAS Physician | Exploratory | timepointfollowup | 3.746 | 3.536 | 42.534 | -3.387 | 10.878 | 0.295 | Interaction effects | FALSE |  |  |
| VAS Physician | Exploratory | m\_1\_2 | 0.889 | 0.592 | 47.614 | -0.302 | 2.079 | 0.140 | Interaction effects | FALSE |  |  |
| VAS Physician | Exploratory | sexM | -4.535 | 6.307 | 45.901 | -17.231 | 8.161 | 0.476 | Interaction effects | FALSE |  |  |
| VAS Physician | Exploratory | timepointfollowup:treatexercise | -6.836 | 4.435 | 40.728 | -15.794 | 2.121 | 0.131 | Interaction effects | FALSE |  |  |
| VAS Physician | Exploratory | timepointfollowup:treatcontrol:m\_1\_2 | -0.972 | 0.614 | 40.621 | -2.211 | 0.268 | 0.121 | Interaction effects | FALSE |  |  |
| VAS Physician | Exploratory | timepointfollowup:treatexercise:m\_1\_2 | -0.486 | 0.637 | 42.567 | -1.770 | 0.798 | 0.449 | Interaction effects | TRUE |  | 0.809 |
| 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 |  | 0.469 |
| Adipose Tissue (g) | Exploratory | (Intercept) | 26,831.211 | 2,062.002 | 48.071 | 22,685.437 | 30,976.985 | 0.000 | Interaction effects | FALSE |  |  |
| Adipose Tissue (g) | Exploratory | timepointfollowup | -91.854 | 573.905 | 41.270 | -1,250.649 | 1,066.941 | 0.874 | Interaction effects | FALSE |  |  |
| Adipose Tissue (g) | Exploratory | m\_1\_2 | -262.857 | 358.372 | 48.155 | -983.352 | 457.638 | 0.467 | Interaction effects | FALSE |  |  |
| Adipose Tissue (g) | Exploratory | sexM | -4,073.518 | 4,072.734 | 47.923 | -12,262.638 | 4,115.603 | 0.322 | Interaction effects | FALSE |  |  |
| Adipose Tissue (g) | Exploratory | timepointfollowup:m\_1\_2 | 38.888 | 97.537 | 41.313 | -158.046 | 235.822 | 0.692 | Interaction effects | FALSE |  |  |
| Adipose Tissue (g) | Exploratory | timepointfollowup:treatexercise | -364.108 | 717.944 | 41.059 | -1,813.962 | 1,085.746 | 0.615 | Interaction effects | FALSE |  |  |
| Adipose Tissue (g) | Exploratory | timepointfollowup:m\_1\_2:treatexercise | -91.325 | 138.754 | 41.122 | -371.520 | 188.870 | 0.514 | Interaction effects | FALSE |  |  |
| 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 |  | 0.442 |
| Lean Mass (g) | Exploratory | (Intercept) | 41,174.211 | 1,080.884 | 48.929 | 39,002.014 | 43,346.408 | 0.000 | Interaction effects | FALSE |  |  |
| Lean Mass (g) | Exploratory | timepointfollowup | 111.958 | 438.043 | 42.853 | -771.528 | 995.443 | 0.799 | Interaction effects | FALSE |  |  |
| Lean Mass (g) | Exploratory | m\_1\_2 | -86.226 | 188.742 | 48.460 | -465.625 | 293.173 | 0.650 | Interaction effects | FALSE |  |  |
| Lean Mass (g) | Exploratory | sexM | 14,096.326 | 2,053.285 | 48.170 | 9,968.296 | 18,224.356 | 0.000 | Interaction effects | FALSE |  |  |
| Lean Mass (g) | Exploratory | timepointfollowup:m\_1\_2 | -18.599 | 73.668 | 43.865 | -167.080 | 129.882 | 0.802 | Interaction effects | FALSE |  |  |
| Lean Mass (g) | Exploratory | timepointfollowup:treatexercise | 850.887 | 540.727 | 41.161 | -241.004 | 1,942.777 | 0.123 | Interaction effects | FALSE |  |  |
| Lean Mass (g) | Exploratory | timepointfollowup:m\_1\_2:treatexercise | -86.887 | 101.670 | 41.289 | -292.170 | 118.395 | 0.398 | Interaction effects | FALSE |  |  |
| 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 |  | 0.469 |
| Gyneoid Mass (g) | Exploratory | (Intercept) | 5,195.498 | 338.275 | 47.140 | 4,515.029 | 5,875.967 | 0.000 | Interaction effects | FALSE |  |  |
| Gyneoid Mass (g) | Exploratory | timepointfollowup | 270.423 | 199.931 | 41.233 | -133.276 | 674.121 | 0.184 | Interaction effects | FALSE |  |  |
| Gyneoid Mass (g) | Exploratory | m\_1\_2 | -40.912 | 58.797 | 48.350 | -159.110 | 77.286 | 0.490 | Interaction effects | FALSE |  |  |
| Gyneoid Mass (g) | Exploratory | sexM | -1,609.733 | 680.718 | 44.114 | -2,981.530 | -237.935 | 0.023 | Interaction effects | FALSE |  |  |
| Gyneoid Mass (g) | Exploratory | timepointfollowup:m\_1\_2 | -20.189 | 33.894 | 41.509 | -88.614 | 48.236 | 0.555 | Interaction effects | FALSE |  |  |
| Gyneoid Mass (g) | Exploratory | timepointfollowup:treatexercise | -227.219 | 250.939 | 41.039 | -733.985 | 279.548 | 0.370 | Interaction effects | FALSE |  |  |
| Gyneoid Mass (g) | Exploratory | timepointfollowup:m\_1\_2:treatexercise | -20.393 | 48.490 | 41.243 | -118.303 | 77.517 | 0.676 | Interaction effects | FALSE |  |  |
| 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 |  | 0.442 |
| Android Mass (g) | Exploratory | (Intercept) | 1,987.709 | 222.984 | 47.959 | 1,539.360 | 2,436.057 | 0.000 | Interaction effects | FALSE |  |  |
| Android Mass (g) | Exploratory | timepointfollowup | -1.671 | 63.751 | 41.678 | -130.355 | 127.012 | 0.979 | Interaction effects | FALSE |  |  |
| Android Mass (g) | Exploratory | m\_1\_2 | -13.253 | 38.775 | 48.149 | -91.209 | 64.703 | 0.734 | Interaction effects | FALSE |  |  |
| Android Mass (g) | Exploratory | sexM | 331.221 | 438.761 | 46.922 | -551.490 | 1,213.932 | 0.454 | Interaction effects | FALSE |  |  |
| Android Mass (g) | Exploratory | timepointfollowup:m\_1\_2 | -5.482 | 10.834 | 41.739 | -27.350 | 16.385 | 0.616 | Interaction effects | FALSE |  |  |
| Android Mass (g) | Exploratory | timepointfollowup:treatexercise | -105.307 | 79.149 | 41.057 | -265.145 | 54.531 | 0.191 | Interaction effects | FALSE |  |  |
| Android Mass (g) | Exploratory | timepointfollowup:m\_1\_2:treatexercise | 1.447 | 15.238 | 41.004 | -29.327 | 32.220 | 0.925 | Interaction effects | FALSE |  |  |
| 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 |  | 0.691 |
| MVPA (min per day) | Exploratory | (Intercept) | 24.925 | 4.824 | 48.624 | 15.229 | 34.621 | 0.000 | Interaction effects | FALSE |  |  |
| MVPA (min per day) | Exploratory | timepointfollowup | 4.633 | 7.351 | 34.615 | -10.297 | 19.563 | 0.533 | Interaction effects | FALSE |  |  |
| MVPA (min per day) | Exploratory | m\_1\_2 | 0.901 | 0.832 | 48.261 | -0.772 | 2.575 | 0.284 | Interaction effects | FALSE |  |  |
| MVPA (min per day) | Exploratory | sexM | 8.562 | 9.509 | 45.675 | -10.582 | 27.705 | 0.373 | Interaction effects | FALSE |  |  |
| MVPA (min per day) | Exploratory | timepointfollowup:treatexercise | 4.431 | 9.210 | 34.339 | -14.280 | 23.142 | 0.634 | Interaction effects | FALSE |  |  |
| MVPA (min per day) | Exploratory | timepointfollowup:treatcontrol:m\_1\_2 | -0.484 | 1.277 | 35.009 | -3.076 | 2.108 | 0.707 | Interaction effects | FALSE |  |  |
| MVPA (min per day) | Exploratory | timepointfollowup:treatexercise:m\_1\_2 | -0.184 | 1.148 | 33.473 | -2.519 | 2.150 | 0.873 | Interaction effects | TRUE |  | 0.946 |
| 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 |  | 0.244 |
| Qslaq | Exploratory | (Intercept) | 9.523 | 1.101 | 51.001 | 7.313 | 11.733 | 0.000 | Interaction effects | FALSE |  |  |
| Qslaq | Exploratory | timepointfollowup | 0.358 | 0.902 | 45.644 | -1.457 | 2.173 | 0.693 | Interaction effects | FALSE |  |  |
| Qslaq | Exploratory | m\_1\_2 | 0.193 | 0.193 | 49.268 | -0.196 | 0.581 | 0.324 | Interaction effects | FALSE |  |  |
| Qslaq | Exploratory | sexM | -0.870 | 2.020 | 48.139 | -4.932 | 3.192 | 0.669 | Interaction effects | FALSE |  |  |
| Qslaq | Exploratory | timepointfollowup:treatexercise | -2.991 | 1.115 | 42.594 | -5.239 | -0.742 | 0.010 | Interaction effects | FALSE |  |  |
| Qslaq | Exploratory | timepointfollowup:treatcontrol:m\_1\_2 | -0.302 | 0.149 | 45.430 | -0.603 | -0.002 | 0.049 | Interaction effects | FALSE |  |  |
| Qslaq | Exploratory | timepointfollowup:treatexercise:m\_1\_2 | 0.013 | 0.154 | 45.604 | -0.297 | 0.323 | 0.931 | Interaction effects | TRUE |  | 0.946 |
| 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 |  | 0.240 |
| Qslaq symptom score | Exploratory | (Intercept) | 8.395 | 0.823 | 50.678 | 6.743 | 10.047 | 0.000 | Interaction effects | FALSE |  |  |
| Qslaq symptom score | Exploratory | timepointfollowup | 0.094 | 0.698 | 44.610 | -1.312 | 1.500 | 0.894 | Interaction effects | FALSE |  |  |
| Qslaq symptom score | Exploratory | m\_1\_2 | 0.114 | 0.144 | 49.248 | -0.175 | 0.404 | 0.432 | Interaction effects | FALSE |  |  |
| Qslaq symptom score | Exploratory | sexM | -0.939 | 1.541 | 47.969 | -4.037 | 2.160 | 0.545 | Interaction effects | FALSE |  |  |
| Qslaq symptom score | Exploratory | timepointfollowup:treatexercise | -2.079 | 0.871 | 42.665 | -3.836 | -0.322 | 0.021 | Interaction effects | FALSE |  |  |
| Qslaq symptom score | Exploratory | timepointfollowup:treatcontrol:m\_1\_2 | -0.211 | 0.116 | 43.626 | -0.445 | 0.023 | 0.076 | Interaction effects | FALSE |  |  |
| Qslaq symptom score | Exploratory | timepointfollowup:treatexercise:m\_1\_2 | -0.065 | 0.120 | 43.638 | -0.307 | 0.178 | 0.594 | Interaction effects | TRUE |  | 0.929 |
| 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 |  | 0.946 |
| Lung Function - Forced Vital Capacity (ml) | Exploratory | (Intercept) | 3.855 | 0.172 | 49.549 | 3.510 | 4.200 | 0.000 | Interaction effects | FALSE |  |  |
| Lung Function - Forced Vital Capacity (ml) | Exploratory | timepointfollowup | -0.062 | 0.108 | 42.263 | -0.280 | 0.155 | 0.565 | Interaction effects | FALSE |  |  |
| Lung Function - Forced Vital Capacity (ml) | Exploratory | m\_1\_2 | -0.015 | 0.030 | 49.033 | -0.075 | 0.046 | 0.622 | Interaction effects | FALSE |  |  |
| Lung Function - Forced Vital Capacity (ml) | Exploratory | sexM | 0.771 | 0.328 | 45.074 | 0.110 | 1.432 | 0.023 | Interaction effects | FALSE |  |  |
| Lung Function - Forced Vital Capacity (ml) | Exploratory | timepointfollowup:treatexercise | -0.014 | 0.132 | 41.437 | -0.281 | 0.253 | 0.916 | Interaction effects | FALSE |  |  |
| Lung Function - Forced Vital Capacity (ml) | Exploratory | timepointfollowup:m\_1\_2 | 0.011 | 0.018 | 43.505 | -0.025 | 0.046 | 0.550 | Interaction effects | FALSE |  |  |
| Lung Function - Forced Vital Capacity (ml) | Exploratory | timepointfollowup:m\_1\_2:treatexercise | -0.007 | 0.024 | 41.793 | -0.055 | 0.041 | 0.778 | Interaction effects | FALSE |  |  |
| 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 |
| Lung Function - DLCO (ml) | Exploratory | (Intercept) | 7.469 | 0.303 | 49.488 | 6.861 | 8.078 | 0.000 | Interaction effects | FALSE |  |  |
| Lung Function - DLCO (ml) | Exploratory | timepointfollowup | 0.061 | 0.197 | 40.609 | -0.336 | 0.458 | 0.758 | Interaction effects | FALSE |  |  |
| Lung Function - DLCO (ml) | Exploratory | m\_1\_2 | -0.113 | 0.053 | 49.128 | -0.219 | -0.006 | 0.039 | Interaction effects | FALSE |  |  |
| Lung Function - DLCO (ml) | Exploratory | sexM | 1.234 | 0.590 | 48.830 | 0.048 | 2.420 | 0.042 | Interaction effects | FALSE |  |  |
| Lung Function - DLCO (ml) | Exploratory | timepointfollowup:treatexercise | 0.090 | 0.245 | 41.735 | -0.405 | 0.585 | 0.717 | Interaction effects | FALSE |  |  |
| Lung Function - DLCO (ml) | Exploratory | timepointfollowup:m\_1\_2:treatcontrol | 0.024 | 0.032 | 41.257 | -0.040 | 0.088 | 0.452 | Interaction effects | FALSE |  |  |
| Lung Function - DLCO (ml) | Exploratory | timepointfollowup:m\_1\_2:treatexercise | -0.012 | 0.031 | 42.816 | -0.074 | 0.050 | 0.697 | Interaction effects | FALSE |  |  |
| 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 |
| Lung Function - FEV1 (ml) | Exploratory | (Intercept) | 3.071 | 0.145 | 49.269 | 2.781 | 3.362 | 0.000 | Interaction effects | FALSE |  |  |
| Lung Function - FEV1 (ml) | Exploratory | timepointfollowup | -0.094 | 0.076 | 41.148 | -0.248 | 0.059 | 0.221 | Interaction effects | FALSE |  |  |
| Lung Function - FEV1 (ml) | Exploratory | m\_1\_2 | -0.017 | 0.025 | 49.074 | -0.068 | 0.034 | 0.497 | Interaction effects | FALSE |  |  |
| Lung Function - FEV1 (ml) | Exploratory | sexM | 0.605 | 0.280 | 47.485 | 0.042 | 1.168 | 0.036 | Interaction effects | FALSE |  |  |
| Lung Function - FEV1 (ml) | Exploratory | timepointfollowup:treatexercise | 0.083 | 0.094 | 42.745 | -0.106 | 0.272 | 0.382 | Interaction effects | FALSE |  |  |
| Lung Function - FEV1 (ml) | Exploratory | timepointfollowup:m\_1\_2:treatcontrol | 0.017 | 0.012 | 43.212 | -0.007 | 0.042 | 0.155 | Interaction effects | FALSE |  |  |
| Lung Function - FEV1 (ml) | Exploratory | timepointfollowup:m\_1\_2:treatexercise | -0.004 | 0.012 | 43.534 | -0.028 | 0.020 | 0.752 | Interaction effects | FALSE |  |  |
| 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 |  | 0.462 |
| Fatigue Visual Analog Scale | Exploratory | (Intercept) | 44.560 | 4.483 | 49.996 | 35.556 | 53.565 | 0.000 | Interaction effects | FALSE |  |  |
| Fatigue Visual Analog Scale | Exploratory | timepointfollowup | 4.923 | 6.921 | 42.194 | -9.042 | 18.887 | 0.481 | Interaction effects | FALSE |  |  |
| Fatigue Visual Analog Scale | Exploratory | m\_1\_2 | -0.635 | 0.787 | 49.257 | -2.215 | 0.945 | 0.423 | Interaction effects | FALSE |  |  |
| Fatigue Visual Analog Scale | Exploratory | sexM | 16.892 | 8.515 | 47.283 | -0.235 | 34.019 | 0.053 | Interaction effects | FALSE |  |  |
| Fatigue Visual Analog Scale | Exploratory | timepointfollowup:treatexercise | 4.253 | 8.784 | 40.936 | -13.488 | 21.994 | 0.631 | Interaction effects | FALSE |  |  |
| Fatigue Visual Analog Scale | Exploratory | timepointfollowup:m\_1\_2 | -0.894 | 1.144 | 43.732 | -3.200 | 1.411 | 0.438 | Interaction effects | FALSE |  |  |
| Fatigue Visual Analog Scale | Exploratory | timepointfollowup:treatexercise:m\_1\_2 | 0.849 | 1.580 | 43.524 | -2.336 | 4.035 | 0.594 | Interaction effects | TRUE |  | 0.929 |
| 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 |
| Pain Visual Analog Scale | Exploratory | (Intercept) | 68.013 | 5.121 | 49.498 | 57.725 | 78.300 | 0.000 | Interaction effects | FALSE |  |  |
| Pain Visual Analog Scale | Exploratory | timepointfollowup | -10.133 | 5.745 | 45.060 | -21.704 | 1.438 | 0.085 | Interaction effects | FALSE |  |  |
| Pain Visual Analog Scale | Exploratory | m\_1\_2 | -0.881 | 0.896 | 49.131 | -2.682 | 0.920 | 0.330 | Interaction effects | FALSE |  |  |
| Pain Visual Analog Scale | Exploratory | sexM | 8.541 | 9.955 | 47.930 | -11.475 | 28.558 | 0.395 | Interaction effects | FALSE |  |  |
| Pain Visual Analog Scale | Exploratory | timepointfollowup:treatexercise | 13.268 | 7.250 | 44.038 | -1.342 | 27.879 | 0.074 | Interaction effects | FALSE |  |  |
| Pain Visual Analog Scale | Exploratory | timepointfollowup:m\_1\_2 | 2.399 | 0.962 | 44.626 | 0.462 | 4.337 | 0.016 | Interaction effects | FALSE |  |  |
| Pain Visual Analog Scale | Exploratory | timepointfollowup:treatexercise:m\_1\_2 | -3.105 | 1.369 | 43.505 | -5.864 | -0.346 | 0.028 | Interaction effects | TRUE |  | 0.240 |
| 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 |  | 0.588 |
| Daily Energy Intake (kJ) | Exploratory | (Intercept) | 7,954.381 | 468.573 | 35.435 | 7,003.545 | 8,905.216 | 0.000 | Interaction effects | FALSE |  |  |
| Daily Energy Intake (kJ) | Exploratory | timepointfollowup | -578.280 | 778.427 | 39.900 | -2,151.662 | 995.103 | 0.462 | Interaction effects | FALSE |  |  |
| Daily Energy Intake (kJ) | Exploratory | m\_1\_2 | -95.903 | 86.310 | 36.410 | -270.880 | 79.073 | 0.274 | Interaction effects | FALSE |  |  |
| Daily Energy Intake (kJ) | Exploratory | sexM | 2,021.762 | 944.533 | 32.686 | 99.394 | 3,944.131 | 0.040 | Interaction effects | FALSE |  |  |
| Daily Energy Intake (kJ) | Exploratory | timepointfollowup:treatexercise | -63.853 | 887.986 | 32.746 | -1,871.006 | 1,743.301 | 0.943 | Interaction effects | FALSE |  |  |
| Daily Energy Intake (kJ) | Exploratory | timepointfollowup:treatcontrol:m\_1\_2 | -25.403 | 129.503 | 42.992 | -286.572 | 235.765 | 0.845 | Interaction effects | FALSE |  |  |
| Daily Energy Intake (kJ) | Exploratory | timepointfollowup:treatexercise:m\_1\_2 | 175.236 | 111.046 | 31.507 | -51.097 | 401.569 | 0.125 | Interaction effects | TRUE |  | 0.462 |
| 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 |  | 0.946 |
| Daily Lipid Intake (g) | Exploratory | (Intercept) | 75.772 | 5.368 | 35.169 | 64.876 | 86.668 | 0.000 | Interaction effects | FALSE |  |  |
| Daily Lipid Intake (g) | Exploratory | timepointfollowup | -9.782 | 8.509 | 39.096 | -26.992 | 7.427 | 0.257 | Interaction effects | FALSE |  |  |
| Daily Lipid Intake (g) | Exploratory | m\_1\_2 | -0.708 | 0.993 | 35.820 | -2.722 | 1.307 | 0.481 | Interaction effects | FALSE |  |  |
| Daily Lipid Intake (g) | Exploratory | sexM | 22.838 | 9.926 | 29.365 | 2.547 | 43.129 | 0.029 | Interaction effects | FALSE |  |  |
| Daily Lipid Intake (g) | Exploratory | timepointfollowup:treatexercise | 0.743 | 9.450 | 30.867 | -18.534 | 20.021 | 0.938 | Interaction effects | FALSE |  |  |
| Daily Lipid Intake (g) | Exploratory | timepointfollowup:treatcontrol:m\_1\_2 | 0.398 | 1.400 | 45.947 | -2.420 | 3.216 | 0.777 | Interaction effects | FALSE |  |  |
| Daily Lipid Intake (g) | Exploratory | timepointfollowup:treatexercise:m\_1\_2 | 0.972 | 1.220 | 31.992 | -1.513 | 3.456 | 0.432 | Interaction effects | TRUE |  | 0.809 |
| 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 |  | 0.930 |
| Daily Carbohydrate Intake (g) | Exploratory | (Intercept) | 204.090 | 17.246 | 35.203 | 169.086 | 239.094 | 0.000 | Interaction effects | FALSE |  |  |
| Daily Carbohydrate Intake (g) | Exploratory | timepointfollowup | 5.026 | 26.499 | 39.832 | -48.536 | 58.589 | 0.851 | Interaction effects | FALSE |  |  |
| Daily Carbohydrate Intake (g) | Exploratory | m\_1\_2 | -2.306 | 3.171 | 36.446 | -8.734 | 4.122 | 0.472 | Interaction effects | FALSE |  |  |
| Daily Carbohydrate Intake (g) | Exploratory | sexM | 40.581 | 34.039 | 34.390 | -28.566 | 109.729 | 0.241 | Interaction effects | FALSE |  |  |
| Daily Carbohydrate Intake (g) | Exploratory | timepointfollowup:treatexercise | -20.878 | 29.842 | 31.686 | -81.687 | 39.931 | 0.489 | Interaction effects | FALSE |  |  |
| Daily Carbohydrate Intake (g) | Exploratory | timepointfollowup:treatcontrol:m\_1\_2 | -2.705 | 4.434 | 43.315 | -11.645 | 6.236 | 0.545 | Interaction effects | FALSE |  |  |
| Daily Carbohydrate Intake (g) | Exploratory | timepointfollowup:treatexercise:m\_1\_2 | 5.416 | 3.790 | 31.287 | -2.309 | 13.142 | 0.163 | Interaction effects | TRUE |  | 0.469 |
| 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 |  | 0.170 |
| Daily Protein Intake (g) | Exploratory | (Intercept) | 76.593 | 4.543 | 33.472 | 67.355 | 85.831 | 0.000 | Interaction effects | FALSE |  |  |
| Daily Protein Intake (g) | Exploratory | timepointfollowup | -12.417 | 8.184 | 39.812 | -28.959 | 4.126 | 0.137 | Interaction effects | FALSE |  |  |
| Daily Protein Intake (g) | Exploratory | m\_1\_2 | -0.267 | 0.842 | 34.376 | -1.977 | 1.443 | 0.753 | Interaction effects | FALSE |  |  |
| Daily Protein Intake (g) | Exploratory | sexM | 17.640 | 8.965 | 29.921 | -0.672 | 35.952 | 0.058 | Interaction effects | FALSE |  |  |
| Daily Protein Intake (g) | Exploratory | timepointfollowup:treatexercise | 12.506 | 9.308 | 31.660 | -6.461 | 31.474 | 0.189 | Interaction effects | FALSE |  |  |
| Daily Protein Intake (g) | Exploratory | timepointfollowup:treatcontrol:m\_1\_2 | 0.201 | 1.358 | 42.359 | -2.540 | 2.941 | 0.883 | Interaction effects | FALSE |  |  |
| Daily Protein Intake (g) | Exploratory | timepointfollowup:treatexercise:m\_1\_2 | 1.574 | 1.190 | 31.520 | -0.851 | 4.000 | 0.195 | Interaction effects | TRUE |  | 0.469 |
| 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 |  | 0.170 |
| Daily ethanol Intake (g) | Exploratory | (Intercept) | 6.116 | 1.775 | 38.203 | 2.523 | 9.709 | 0.001 | Interaction effects | FALSE |  |  |
| Daily ethanol Intake (g) | Exploratory | timepointfollowup | -3.274 | 2.123 | 32.769 | -7.596 | 1.047 | 0.133 | Interaction effects | FALSE |  |  |
| Daily ethanol Intake (g) | Exploratory | m\_1\_2 | -0.666 | 0.323 | 39.892 | -1.318 | -0.014 | 0.045 | Interaction effects | FALSE |  |  |
| Daily ethanol Intake (g) | Exploratory | sexM | 7.214 | 3.249 | 28.227 | 0.561 | 13.867 | 0.035 | Interaction effects | FALSE |  |  |
| Daily ethanol Intake (g) | Exploratory | timepointfollowup:treatexercise | 3.594 | 2.315 | 29.735 | -1.135 | 8.324 | 0.131 | Interaction effects | FALSE |  |  |
| Daily ethanol Intake (g) | Exploratory | timepointfollowup:treatcontrol:m\_1\_2 | 0.282 | 0.363 | 34.347 | -0.455 | 1.020 | 0.442 | Interaction effects | FALSE |  |  |
| Daily ethanol Intake (g) | Exploratory | timepointfollowup:treatexercise:m\_1\_2 | 0.329 | 0.286 | 31.488 | -0.254 | 0.912 | 0.259 | Interaction effects | TRUE |  | 0.583 |
| 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 |
| Body Mass Index | Exploratory | (Intercept) | 25.550 | 0.977 | 48.611 | 23.587 | 27.513 | 0.000 | Interaction effects | FALSE |  |  |
| Body Mass Index | Exploratory | timepointfollowup | -0.044 | 0.216 | 44.135 | -0.480 | 0.391 | 0.839 | Interaction effects | FALSE |  |  |
| Body Mass Index | Exploratory | m\_1\_2 | -0.123 | 0.170 | 48.975 | -0.465 | 0.220 | 0.475 | Interaction effects | FALSE |  |  |
| Body Mass Index | Exploratory | sexM | 0.213 | 1.957 | 46.448 | -3.726 | 4.152 | 0.914 | Interaction effects | FALSE |  |  |
| Body Mass Index | Exploratory | timepointfollowup:treatexercise | -0.049 | 0.275 | 44.003 | -0.603 | 0.506 | 0.860 | Interaction effects | FALSE |  |  |
| Body Mass Index | Exploratory | timepointfollowup:m\_1\_2 | -0.022 | 0.036 | 44.020 | -0.095 | 0.051 | 0.543 | Interaction effects | FALSE |  |  |
| Body Mass Index | Exploratory | timepointfollowup:treatexercise:m\_1\_2 | -0.004 | 0.052 | 44.017 | -0.109 | 0.100 | 0.933 | Interaction effects | TRUE |  | 0.946 |
| 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 |
| Waist Height Ratio | Exploratory | (Intercept) | 0.439 | 0.016 | 19.862 | 0.407 | 0.472 | 0.000 | Interaction effects | FALSE |  |  |
| Waist Height Ratio | Exploratory | timepointfollowup | -0.005 | 0.010 | 9.125 | -0.029 | 0.019 | 0.634 | Interaction effects | FALSE |  |  |
| Waist Height Ratio | Exploratory | m\_1\_2 | 0.004 | 0.003 | 20.844 | -0.002 | 0.010 | 0.193 | Interaction effects | FALSE |  |  |
| Waist Height Ratio | Exploratory | sexM | 0.063 | 0.050 | 18.265 | -0.041 | 0.167 | 0.222 | Interaction effects | FALSE |  |  |
| Waist Height Ratio | Exploratory | timepointfollowup:treatexercise | 0.005 | 0.012 | 9.445 | -0.023 | 0.033 | 0.706 | Interaction effects | FALSE |  |  |
| Waist Height Ratio | Exploratory | timepointfollowup:m\_1\_2 | 0.000 | 0.002 | 7.838 | -0.004 | 0.005 | 0.935 | Interaction effects | FALSE |  |  |
| Waist Height Ratio | Exploratory | timepointfollowup:treatexercise:m\_1\_2 | -0.001 | 0.002 | 8.069 | -0.007 | 0.004 | 0.646 | Interaction effects | TRUE |  | 0.930 |
| 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 |  | 0.929 |
| Body weight (kg) | Exploratory | (Intercept) | 70.887 | 2.866 | 47.806 | 65.123 | 76.651 | 0.000 | Interaction effects | FALSE |  |  |
| Body weight (kg) | Exploratory | timepointfollowup | 0.042 | 0.575 | 43.573 | -1.117 | 1.201 | 0.942 | Interaction effects | FALSE |  |  |
| Body weight (kg) | Exploratory | m\_1\_2 | -0.382 | 0.499 | 48.913 | -1.385 | 0.621 | 0.448 | Interaction effects | FALSE |  |  |
| Body weight (kg) | Exploratory | sexM | 10.688 | 5.851 | 43.587 | -1.106 | 22.483 | 0.075 | Interaction effects | FALSE |  |  |
| Body weight (kg) | Exploratory | timepointfollowup:treatexercise | -0.320 | 0.735 | 44.019 | -1.802 | 1.161 | 0.665 | Interaction effects | FALSE |  |  |
| Body weight (kg) | Exploratory | timepointfollowup:m\_1\_2 | -0.045 | 0.096 | 43.460 | -0.238 | 0.148 | 0.638 | Interaction effects | FALSE |  |  |
| Body weight (kg) | Exploratory | timepointfollowup:treatexercise:m\_1\_2 | -0.013 | 0.139 | 44.188 | -0.292 | 0.266 | 0.925 | Interaction effects | TRUE |  | 0.946 |