|  | control (N=27) | exercise (N=12) |
| --- | --- | --- |
| **Fatigue Severity Scale Change** | -0.0185 (0.715) | -0.444 (0.959) |
| **Aerobic Capacity Change from baseline (mL/min/kg)** | 0.961 (2.96) | 3.14 (3.63) |
| **Maximal Oxygen Uptake change from baseline (mL/min)** | 35.8 (203) | 185 (263) |
| **SLEDAI** | 1.43 (3.11) | 0.545 (3.98) |
| **SF-36 Mental Change from baseline** | 2.78 [-1.76, 5.91] | 0.620 [-3.76, 1.99] |
| **SF-36 Physical Change from baseline** | -2.27 [-3.75, 1.03] | -0.223 [-1.88, 3.10] |
| **Change in energy intake (kJ)** | -1040 (2670) | -65.7 (1270) |
| **Change in MVPA (minutes)** | -2.52 [-10.2, 10.8] | 7.96 [-0.693, 26.5] |
| **Change in BMI (kg/m²)** | -0.00502 [-0.409, 0.130] | -0.141 [-0.631, -0.0325] |