|  | control | | | exercise | | |
| --- | --- | --- | --- | --- | --- | --- |
|  | lowest 33% (N=7) | 33-67% (N=7) | highest 33% (N=12) | lowest 33% (N=11) | 33-67% (N=10) | highest 33% (N=5) |
| **Fatigue Severity Scale Change** | -0.159 (0.271) | 0.278 (0.658) | -0.167 (0.930) | -0.576 (0.911) | -0.0617 (0.996) | 0.778 (1.52) |
| **Aerobic Capacity Change from baseline (mL/min/kg)** | -0.373 (2.45) | 1.87 (3.71) | 1.35 (2.88) | 2.44 (2.75) | 4.48 (3.41) | -0.685 (3.43) |
| **Maximal Oxygen Uptake change from baseline (mL/min)** | -47.1 (162) | 144 (297) | 28.7 (155) | 222 (283) | 292 (218) | -106 (294) |
| **SLEDAI** | 1.43 (3.21) | 0.800 (4.15) | 1.50 (2.78) | -0.545 (4.46) | 1.88 (3.23) | -1.60 (2.61) |
| **SF-36 Mental Change from baseline** | 3.34 [1.63, 5.08] | -4.17 [-7.02, -1.76] | 3.32 [1.26, 9.77] | -1.47 [-4.11, 1.76] | 1.48 [-2.63, 2.93] | 0.879 [-3.28, 1.57] |
| **SF-36 Physical Change from baseline** | -3.63 [-6.15, -3.22] | -1.88 [-4.49, 0.201] | 0.522 [-1.79, 2.91] | 2.93 [-1.32, 3.63] | -0.267 [-2.76, 0.138] | 2.62 [2.45, 4.09] |
| **Change in energy intake (kcal)** | -76.7 (623) | -358 (1040) | -228 (280) | -128 (285) | -140 (143) | 317 (291) |
| **Change in MVPA (minutes)** | 21.1 [2.69, 22.4] | -10.1 [-15.7, -5.93] | -3.71 [-9.10, 7.49] | 8.50 [5.25, 12.0] | 2.86 [-6.54, 9.97] | 5.76 [-8.99, 24.9] |
| **Change in BMI (kg/m²)** | 0.0107 [-0.288, 0.302] | -0.112 [-0.481, 0.0398] | -0.123 [-0.470, 0] | -0.157 [-0.490, 0.0893] | -0.126 [-0.264, 0.0646] | 0.209 [-1.06, 0.226] |