|  | control (N=27) | exercise (N=26) |
| --- | --- | --- |
| **Fatigue Severity Scale Change** | -0.0185 (0.715) | -0.120 (1.15) |
| **Aerobic Capacity Change from baseline (mL/min/kg)** | 0.964 (3.03) | 2.45 (3.58) |
| **Maximal Oxygen Uptake change from baseline (mL/min)** | 35.6 (208) | 183 (295) |
| **SLEDAI** | 1.43 (3.11) | 0.0417 (3.86) |
| **SF-36 Mental Change from baseline** | 2.78 [-1.76, 5.91] | 0.844 [-3.36, 2.02] |
| **SF-36 Physical Change from baseline** | -2.27 [-3.75, 1.03] | 1.18 [-1.06, 3.60] |
| **Change in energy intake (kJ)** | -1040 (2670) | -224 (1210) |
| **Change in MVPA (minutes)** | -2.52 [-10.2, 10.8] | 7.42 [-2.31, 17.4] |
| **Change in BMI (kg/m²)** | -0.00502 [-0.409, 0.130] | -0.126 [-0.520, 0.209] |