|  | control (N=27) | exercise (N=12) | Overall (N=39) |
| --- | --- | --- | --- |
| **Sex** |  |  |  |
| Female | 25 (92.6%) | 9 (75.0%) | 34 (87.2%) |
| Male | 2 (7.4%) | 3 (25.0%) | 5 (12.8%) |
| **Ethnicity** |  |  |  |
| Asian | 3 (11.1%) | 0 (0%) | 3 (7.7%) |
| Caucasian | 22 (81.5%) | 11 (91.7%) | 33 (84.6%) |
| Latin America | 1 (3.7%) | 0 (0%) | 1 (2.6%) |
| Middle-Eastern | 1 (3.7%) | 0 (0%) | 1 (2.6%) |
| African | 0 (0%) | 1 (8.3%) | 1 (2.6%) |
| **Age (Years)** | 36.0 [29.0, 43.5] | 45.5 [34.3, 52.5] | 37.0 [29.5, 47.0] |
| **Weight** | 63.0 [59.3, 77.8] | 67.5 [58.2, 89.5] | 63.0 [58.6, 80.2] |
| **Waist/Height Ratio at baseline (cm)** | 0.449 [0.425, 0.508] | 0.460 [0.422, 0.508] | 0.451 [0.425, 0.508] |
| **Body Mass Index (kg/m²)** | 23.3 [21.8, 27.5] | 24.0 [20.6, 26.0] | 23.3 [21.6, 26.8] |
| **SLE Duration (Months)** | 102 [46.0, 197] | 101 [48.8, 247] | 102 [47.0, 203] |
| **SLEDAI** | 6.00 [2.00, 8.00] | 6.00 [4.00, 8.50] | 6.00 [3.00, 8.00] |
| **SLICC-Eular/ACR-2019** | 30.0 [20.5, 35.0] | 24.0 [17.0, 29.5] | 27.0 [19.5, 34.5] |
| **Aerobic Capacity - Screening** | 29.0 (5.57) | 30.6 (9.61) | 29.5 (7.00) |
| **HRmax - Screening** | 179 [170, 191] | 170 [156, 179] | 178 [165, 187] |
| **Borg-Scale - Screening** | 17.0 [17.0, 19.0] | 18.0 [16.8, 18.0] | 17.0 [17.0, 18.0] |
| **Maximal Wattage - Screening (Watt)** | 184 [142, 196] | 173 [124, 225] | 182 [131, 219] |
| **Aerobic Capacity - Baseline** | 27.2 (5.35) | 28.8 (7.98) | 27.7 (6.26) |
| **HRmax - Baseline** | 178 [171, 185] | 170 [155, 180] | 177 [159, 181] |
| **Borg-Scale - Baseline** | 18.0 [17.0, 19.0] | 18.0 [16.8, 18.0] | 18.0 [17.0, 19.0] |
| **Maximal Wattage - Baseline (Watt)** | 181 [156, 199] | 176 [127, 229] | 180 [144, 218] |
| **FSS** | 5.22 [3.78, 5.83] | 5.22 [4.31, 6.08] | 5.22 [3.94, 5.94] |
| **VAS Fatigue - Patient (1-100)** | 50.0 [30.0, 70.0] | 30.0 [20.0, 40.0] | 40.0 [20.0, 70.0] |
| **VAS overall disease activity - patient (1-10)** | 4.00 [2.00, 5.00] | 3.00 [2.00, 5.50] | 3.00 [2.00, 5.00] |
| **VAS overall disease activity - physician (1-100)** | 15.8 [8.09, 26.2] | 21.7 [6.67, 33.5] | 17.0 [7.42, 30.2] |
| **SF-36 Physical Component Score** | 44.0 [36.3, 53.8] | 41.6 [32.8, 48.9] | 43.0 [35.5, 52.8] |
| **SF-36 Mental Component Score** | 47.0 [36.7, 53.5] | 48.2 [42.9, 55.2] | 47.0 [38.0, 54.2] |
| **Daily time in MVPA (Minutes)** | 37.7 (26.1) | 22.5 (15.4) | 32.8 (24.1) |
| **Energy Intake (kJ)** | 7100 (1860) | 8490 (1910) | 7690 (1970) |
| **Lipid intake (g)** | 74.6 [60.8, 88.1] | 75.6 [54.9, 86.7] | 74.8 [55.7, 89.7] |
| **Carbohydrate intake (g)** | 166 [140, 205] | 223 [161, 299] | 190 [143, 221] |
| **Protein intake (g)** | 72.2 [57.7, 77.1] | 83.3 [80.1, 90.1] | 78.0 [62.7, 86.6] |
| **Adipose Tissue on DXA scan (%)** | 35.2 [30.8, 41.6] | 35.1 [30.2, 39.0] | 35.2 [30.2, 40.5] |
| **Adipose Tissue on DXA scan (kg)** | 20.8 [18.9, 32.0] | 24.1 [17.3, 28.8] | 21.4 [18.2, 30.3] |
| **Android fat mass (kg)** | 1.89 [1.15, 3.34] | 2.36 [1.42, 3.35] | 1.90 [1.15, 3.34] |
| **Gynoid fat mass (kg)** | 4.51 [4.12, 6.70] | 4.49 [3.77, 6.21] | 4.51 [4.09, 6.70] |
| **Total lean mass (kg)** | 41.9 [37.3, 45.7] | 42.3 [35.0, 48.0] | 41.9 [36.7, 45.9] |
| **All IFN Z-Score (SD)** | 2.85 (1.97) | 1.81 (1.93) | 2.52 (1.99) |
| **IFN-1 Z-Score (SD)** | 2.98 (2.07) | 1.92 (1.96) | 2.64 (2.07) |
| **Hemoglobin (mmol/L)** | 7.66 (0.600) | 8.03 (0.698) | 7.78 (0.648) |
| **Thrombocytes (10^9/L)** | 244 (51.6) | 220 (41.4) | 236 (49.0) |
| **Estimated Glomerular Filtration Rate (ml/min/1.73m²)** | 79.0 [68.5, 83.5] | 82.0 [80.5, 85.5] | 80.5 [73.0, 84.3] |
| **β2 microglobuline (mg/L)** | 2.14 [1.80, 2.47] | | | | 2.00 [1.65, 2.54] | | | | 2.08 [1.73, 2.52] | | | |
| Table 1 |
| Categorical variables given as N(Percentage)     Variables assumed to be normally distributed given as Mean(SD)    Variables without assumption of normality given as Median [Q1,Q3] |
| Test 1 denotes the first test done on the initial visit.    Test 2 denotes the second test done following the OGTT    SLE: Systemic Lupus Erythematosus, SLEDAI: Systemic Lupus Erythematosus Disease Activity Index, SLICC EULAR/ACR 2019: Systemic Lupus International Classification Criteria point as defined by American College of Rheumatology & European League Against Rheumatism in 2019    FSS: Fatigue Severity Scale, IFN: Interferon, DXA: Dual X-ray Absorptiometry Scan, VO₂max: Maximal Oxygen Uptake, not corrected for body weight, MVPA: Moderate or Vigorous Activity |