|  | control (N=27) | exercise (N=26) | Overall (N=53) |
| --- | --- | --- | --- |
| **Sex** |  |  |  |
| Female | 25 (92.6%) | 21 (80.8%) | 46 (86.8%) |
| Male | 2 (7.4%) | 5 (19.2%) | 7 (13.2%) |
| **Ethnicity** |  |  |  |
| Asian | 3 (11.1%) | 1 (3.8%) | 4 (7.5%) |
| Caucasian | 22 (81.5%) | 23 (88.5%) | 45 (84.9%) |
| Latin America | 1 (3.7%) | 0 (0%) | 1 (1.9%) |
| Middle-Eastern | 1 (3.7%) | 1 (3.8%) | 2 (3.8%) |
| African | 0 (0%) | 1 (3.8%) | 1 (1.9%) |
| **Age (Years)** | 36.0 [29.0, 43.5] | 47.0 [38.0, 59.0] | 43.0 [32.0, 53.0] |
| **Weight** | 63.0 [59.3, 77.8] | 73.2 [62.1, 77.0] | 69.4 [60.4, 77.4] |
| **Waist/Height Ratio at baseline (cm)** | 0.449 [0.425, 0.508] | 0.497 [0.450, 0.526] | 0.474 [0.439, 0.525] |
| **Body Mass Index (kg/m²)** | 23.3 [21.8, 27.5] | 25.3 [23.8, 26.7] | 24.3 [21.9, 27.3] |
| **SLE Duration (Months)** | 102 [46.0, 197] | 101 [50.0, 231] | 102 [49.0, 206] |
| **SLEDAI** | 6.00 [2.00, 8.00] | 6.00 [4.00, 8.00] | 6.00 [3.50, 8.00] |
| **SLICC-Eular/ACR-2019** | 30.0 [20.5, 35.0] | 20.5 [17.0, 27.0] | 23.0 [18.0, 34.0] |
| **Aerobic Capacity - Screening** | 29.0 (5.57) | 27.9 (8.72) | 28.5 (7.26) |
| **HRmax - Screening** | 179 [170, 191] | 168 [155, 178] | 174 [159, 186] |
| **Borg-Scale - Screening** | 17.0 [17.0, 19.0] | 17.0 [16.3, 18.0] | 17.0 [17.0, 18.0] |
| **Maximal Wattage - Screening (Watt)** | 184 [142, 196] | 159 [129, 212] | 172 [131, 201] |
| **Aerobic Capacity - Baseline** | 27.2 (5.35) | 26.6 (7.25) | 26.9 (6.29) |
| **HRmax - Baseline** | 178 [171, 185] | 169 [156, 180] | 174 [158, 181] |
| **Borg-Scale - Baseline** | 18.0 [17.0, 19.0] | 18.0 [16.0, 19.0] | 18.0 [17.0, 19.0] |
| **Maximal Wattage - Baseline (Watt)** | 181 [156, 199] | 168 [121, 220] | 175 [128, 211] |
| **FSS** | 5.22 [3.78, 5.83] | 5.22 [3.97, 5.94] | 5.22 [3.89, 5.89] |
| **VAS Fatigue - Patient (1-100)** | 50.0 [30.0, 70.0] | 34.0 [26.3, 40.0] | 40.0 [30.0, 60.0] |
| **VAS overall disease activity - patient (1-10)** | 4.00 [2.00, 5.00] | 3.00 [2.00, 6.00] | 3.00 [2.00, 5.00] |
| **VAS overall disease activity - physician (1-100)** | 15.8 [8.09, 26.2] | 20.0 [4.76, 33.5] | 17.7 [7.18, 31.0] |
| **SF-36 Physical Component Score** | 44.0 [36.3, 53.8] | 40.9 [31.4, 48.4] | 41.3 [34.1, 50.0] |
| **SF-36 Mental Component Score** | 47.0 [36.7, 53.5] | 45.6 [39.3, 56.6] | 45.6 [37.0, 54.9] |
| **Daily time in MVPA (Minutes)** | 37.7 (26.1) | 24.1 (21.1) | 30.8 (24.4) |
| **Energy Intake (kJ)** | 7100 (1860) | 8230 (2170) | 7740 (2090) |
| **Lipid intake (g)** | 74.6 [60.8, 88.1] | 71.8 [53.2, 103] | 74.6 [54.9, 95.7] |
| **Carbohydrate intake (g)** | 166 [140, 205] | 217 [146, 296] | 181 [143, 231] |
| **Protein intake (g)** | 72.2 [57.7, 77.1] | 81.5 [68.4, 88.4] | 77.6 [62.6, 85.9] |
| **Adipose Tissue on DXA scan (%)** | 35.2 [30.8, 41.6] | 37.3 [31.6, 41.3] | 36.3 [31.3, 41.5] |
| **Adipose Tissue on DXA scan (kg)** | 20.8 [18.9, 32.0] | 25.3 [20.2, 29.4] | 22.5 [19.1, 31.1] |
| **Android fat mass (kg)** | 1.89 [1.15, 3.34] | 2.25 [1.79, 2.98] | 2.02 [1.30, 3.20] |
| **Gynoid fat mass (kg)** | 4.51 [4.12, 6.70] | 5.08 [3.96, 5.70] | 4.79 [4.11, 5.75] |
| **Total lean mass (kg)** | 41.9 [37.3, 45.7] | 40.6 [37.9, 44.4] | 41.4 [37.8, 45.7] |
| **All IFN Z-Score (SD)** | 3.40 [1.00, 4.57] | 1.77 [0.383, 3.42] | 2.83 [0.434, 4.20] |
| **IFN-1 Z-Score (SD)** | 3.75 [0.889, 4.73] | 1.81 [0.301, 3.33] | 2.82 [0.544, 4.36] |
| **Hemoglobin (mmol/L)** | 7.66 (0.600) | 7.81 (0.848) | 7.74 (0.736) |
| **Thrombocytes (10^9/L)** | 244 (51.6) | 246 (77.6) | 245 (66.1) |
| **Estimated Glomerular Filtration Rate (ml/min/1.73m²)** | 79.0 [68.5, 83.5] | 80.5 [77.5, 86.3] | 79.0 [72.0, 85.5] |
| **β2 microglobuline (mg/L)** | 2.14 [1.80, 2.47] | 2.00 [1.87, 2.71] | 2.02 [1.86, 2.57] |
| 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 | | | |