|  | 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%) |
| **Age (Years)** |  |  |  |
| N | 27 | 12 | 39 |
| Median [Q1, Q3] | 36.0 [29.0, 43.5] | 45.5 [34.3, 52.5] | 37.0 [29.5, 47.0] |
| NMISS | 0 | 0 | 0 |
| **Weight** |  |  |  |
| N | 27 | 12 | 39 |
| Median [Q1, Q3] | 63.0 [59.3, 77.8] | 67.5 [58.2, 89.5] | 63.0 [58.6, 80.2] |
| NMISS | 0 | 0 | 0 |
| **Waist/Height Ratio** |  |  |  |
| N | 7 | 3 | 10 |
| Median [Q1, Q3] | 0.446 [0.439, 0.480] | 0.391 [0.370, 0.480] | 0.443 [0.423, 0.491] |
| NMISS | 20 | 9 | 29 |
| **Body Mass Index (kg/m²)** |  |  |  |
| N | 27 | 12 | 39 |
| Median [Q1, Q3] | 23.3 [21.8, 27.5] | 24.0 [20.6, 26.0] | 23.3 [21.6, 26.8] |
| NMISS | 0 | 0 | 0 |
| **SLE Duration (Months)** |  |  |  |
| N | 27 | 12 | 39 |
| Median [Q1, Q3] | 102 [46.0, 197] | 101 [48.8, 247] | 102 [47.0, 203] |
| NMISS | 0 | 0 | 0 |
| **SLEDAI** |  |  |  |
| N | 25 | 12 | 37 |
| Median [Q1, Q3] | 6.00 [2.00, 8.00] | 6.00 [4.00, 8.50] | 6.00 [3.00, 8.00] |
| NMISS | 2 | 0 | 2 |
| **SLICC-Eular/ACR-2019** |  |  |  |
| N | 27 | 12 | 39 |
| Median [Q1, Q3] | 30.0 [20.5, 35.0] | 24.0 [17.0, 29.5] | 27.0 [19.5, 34.5] |
| NMISS | 0 | 0 | 0 |
| **FSS** |  |  |  |
| N | 27 | 12 | 39 |
| Median [Q1, Q3] | 5.22 [3.78, 5.83] | 5.22 [4.31, 6.08] | 5.22 [3.94, 5.94] |
| NMISS | 0 | 0 | 0 |
| **Aerobic Capacity - Baseline** |  |  |  |
| N | 25 | 12 | 37 |
| Mean (SD) | 27.2 (5.35) | 28.8 (7.98) | 27.7 (6.26) |
| NMISS | 2 | 0 | 2 |
| **Aerobic Capacity - Screening** |  |  |  |
| N | 26 | 12 | 38 |
| Mean (SD) | 29.0 (5.57) | 30.6 (9.61) | 29.5 (7.00) |
| NMISS | 1 | 0 | 1 |
| **VO₂max - Baseline** |  |  |  |
| N | 25 | 12 | 37 |
| Mean (SD) | 1890 (416) | 2030 (580) | 1930 (472) |
| NMISS | 2 | 0 | 2 |
| **VO₂max - Screening** |  |  |  |
| N | 26 | 12 | 38 |
| Mean (SD) | 2020 (513) | 2130 (631) | 2050 (546) |
| NMISS | 1 | 0 | 1 |
| **Daily time in MVPA (Minutes)** |  |  |  |
| N | 25 | 12 | 37 |
| Mean (SD) | 37.7 (26.1) | 22.5 (15.4) | 32.8 (24.1) |
| NMISS | 2 | 0 | 2 |
| **Energy Intake (kJ)** |  |  |  |
| N | 15 | 11 | 26 |
| Mean (SD) | 7100 (1860) | 8490 (1910) | 7690 (1970) |
| NMISS | 12 | 1 | 13 |
| **Adipose Tissue on DXA scan (%)** |  |  |  |
| N | 27 | 12 | 39 |
| Median [Q1, Q3] | 35.2 [30.8, 41.6] | 35.1 [30.2, 39.0] | 35.2 [30.2, 40.5] |
| NMISS | 0 | 0 | 0 |
| **All IFN Z-Score (SD)** |  |  |  |
| N | 26 | 12 | 38 |
| Mean (SD) | 2.85 (1.97) | 1.81 (1.93) | 2.52 (1.99) |
| NMISS | 1 | 0 | 1 |
| **IFN-1 Z-Score (SD)** |  |  |  |
| N | 26 | 12 | 38 |
| Mean (SD) | 2.98 (2.07) | 1.92 (1.96) | 2.64 (2.07) |
| NMISS | 1 | 0 | 1 |
| **Hemoglobin (mmol/L)** |  |  |  |
| N | 24 | 12 | 36 |
| Mean (SD) | 7.66 (0.600) | 8.03 (0.698) | 7.78 (0.648) |
| NMISS | 3 | 0 | 3 |
| **Thrombocytes (10^9/L)** |  |  |  |
| N | 15 | 7 | 22 |
| Mean (SD) | 244 (51.6) | 220 (41.4) | 236 (49.0) |
| NMISS | 12 | 5 | 17 |
| **β2 microglobuline (mg/L)** |  |  |  |
| N | 15 | 7 | 22 |
| Median [Q1, Q3] | 2.14 [1.80, 2.47] | 2.00 [1.65, 2.54] | 2.08 [1.73, 2.52] |
| NMISS | 12 | 5 | 17 |