|  | 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%) |
| **Age (Years)** |  |  |  |
| N | 27 | 26 | 53 |
| Median [Q1, Q3] | 36.0 [29.0, 43.5] | 47.0 [38.0, 59.0] | 43.0 [32.0, 53.0] |
| NMISS | 0 | 0 | 0 |
| **Weight** |  |  |  |
| N | 27 | 26 | 53 |
| Median [Q1, Q3] | 63.0 [59.3, 77.8] | 73.2 [62.1, 77.0] | 69.4 [60.4, 77.4] |
| NMISS | 0 | 0 | 0 |
| **Waist/Height Ratio** |  |  |  |
| N | 7 | 7 | 14 |
| Median [Q1, Q3] | 0.446 [0.439, 0.480] | 0.450 [0.417, 0.534] | 0.448 [0.439, 0.507] |
| NMISS | 20 | 19 | 39 |
| **Body Mass Index (kg/m²)** |  |  |  |
| N | 27 | 26 | 53 |
| Median [Q1, Q3] | 23.3 [21.8, 27.5] | 25.3 [23.8, 26.7] | 24.3 [21.9, 27.3] |
| NMISS | 0 | 0 | 0 |
| **SLE Duration (Months)** |  |  |  |
| N | 27 | 26 | 53 |
| Median [Q1, Q3] | 102 [46.0, 197] | 101 [50.0, 231] | 102 [49.0, 206] |
| NMISS | 0 | 0 | 0 |
| **SLEDAI** |  |  |  |
| N | 25 | 26 | 51 |
| Median [Q1, Q3] | 6.00 [2.00, 8.00] | 6.00 [4.00, 8.00] | 6.00 [3.50, 8.00] |
| NMISS | 2 | 0 | 2 |
| **SLICC-Eular/ACR-2019** |  |  |  |
| N | 27 | 26 | 53 |
| Median [Q1, Q3] | 30.0 [20.5, 35.0] | 20.5 [17.0, 27.0] | 23.0 [18.0, 34.0] |
| NMISS | 0 | 0 | 0 |
| **FSS** |  |  |  |
| N | 27 | 26 | 53 |
| Median [Q1, Q3] | 5.22 [3.78, 5.83] | 5.22 [3.97, 5.94] | 5.22 [3.89, 5.89] |
| NMISS | 0 | 0 | 0 |
| **Aerobic Capacity - Baseline** |  |  |  |
| N | 25 | 24 | 49 |
| Mean (SD) | 27.2 (5.35) | 26.6 (7.25) | 26.9 (6.29) |
| NMISS | 2 | 2 | 4 |
| **Aerobic Capacity - Screening** |  |  |  |
| N | 26 | 26 | 52 |
| Mean (SD) | 29.0 (5.57) | 27.9 (8.72) | 28.5 (7.26) |
| NMISS | 1 | 0 | 1 |
| **VO₂max - Baseline** |  |  |  |
| N | 25 | 24 | 49 |
| Mean (SD) | 1890 (416) | 1890 (488) | 1890 (448) |
| NMISS | 2 | 2 | 4 |
| **VO₂max - Screening** |  |  |  |
| N | 26 | 26 | 52 |
| Mean (SD) | 2020 (513) | 1990 (595) | 2000 (551) |
| NMISS | 1 | 0 | 1 |
| **Daily time in MVPA (Minutes)** |  |  |  |
| N | 25 | 26 | 51 |
| Mean (SD) | 37.7 (26.1) | 24.1 (21.1) | 30.8 (24.4) |
| NMISS | 2 | 0 | 2 |
| **Energy Intake (kJ)** |  |  |  |
| N | 15 | 20 | 35 |
| Mean (SD) | 7100 (1860) | 8230 (2170) | 7740 (2090) |
| NMISS | 12 | 6 | 18 |
| **Adipose Tissue on DXA scan (%)** |  |  |  |
| N | 27 | 26 | 53 |
| Median [Q1, Q3] | 35.2 [30.8, 41.6] | 37.3 [31.6, 41.3] | 36.3 [31.3, 41.5] |
| NMISS | 0 | 0 | 0 |
| **All IFN Z-Score (SD)** |  |  |  |
| N | 26 | 26 | 52 |
| Median [Q1, Q3] | 3.40 [1.00, 4.57] | 1.77 [0.383, 3.42] | 2.83 [0.434, 4.20] |
| NMISS | 1 | 0 | 1 |
| **IFN-1 Z-Score (SD)** |  |  |  |
| N | 26 | 26 | 52 |
| Median [Q1, Q3] | 3.75 [0.889, 4.73] | 1.81 [0.301, 3.33] | 2.82 [0.544, 4.36] |
| NMISS | 1 | 0 | 1 |
| **Hemoglobin (mmol/L)** |  |  |  |
| N | 24 | 26 | 50 |
| Mean (SD) | 7.66 (0.600) | 7.81 (0.848) | 7.74 (0.736) |
| NMISS | 3 | 0 | 3 |
| **Thrombocytes (10^9/L)** |  |  |  |
| N | 15 | 18 | 33 |
| Mean (SD) | 244 (51.6) | 246 (77.6) | 245 (66.1) |
| NMISS | 12 | 8 | 20 |
| **β2 microglobuline (mg/L)** |  |  |  |
| N | 15 | 18 | 33 |
| Median [Q1, Q3] | 2.14 [1.80, 2.47] | 2.00 [1.87, 2.71] | 2.02 [1.86, 2.57] |
| NMISS | 12 | 8 | 20 |