|  | control | exercise | |
| --- | --- | --- | --- |
|  | Followed protocol (N=27) | Did not follow protocol (N=13) | Followed protocol (N=12) |
| **Sex** |  |  |  |
| Female | 25 (92.6%) | 11 (84.6%) | 9 (75.0%) |
| Male | 2 (7.4%) | 2 (15.4%) | 3 (25.0%) |
| **Ethnicity** |  |  |  |
| Asian | 3 (11.1%) | 1 (7.7%) | 0 (0%) |
| Caucasian | 22 (81.5%) | 11 (84.6%) | 11 (91.7%) |
| Latin America | 1 (3.7%) | 0 (0%) | 0 (0%) |
| Middle-Eastern | 1 (3.7%) | 1 (7.7%) | 0 (0%) |
| African | 0 (0%) | 0 (0%) | 1 (8.3%) |
| **Age (Years)** | 36.0 [29.0, 43.5] | 53.0 [46.0, 61.0] | 45.5 [34.3, 52.5] |
| **Weight** | 63.0 [59.3, 77.8] | 73.4 [67.1, 75.6] | 67.5 [58.2, 89.5] |
| **Waist/Height Ratio at baseline (cm)** | 0.449 [0.425, 0.508] | 0.522 [0.496, 0.540] | 0.460 [0.422, 0.508] |
| **Body Mass Index (kg/m²)** | 23.3 [21.8, 27.5] | 26.3 [24.5, 27.7] | 24.0 [20.6, 26.0] |
| **SLE Duration (Months)** | 102 [46.0, 197] | 111 [50.0, 220] | 101 [48.8, 247] |
| **SLEDAI** | 6.00 [2.00, 8.00] | 6.00 [4.00, 8.00] | 6.00 [4.00, 8.50] |
| **SLICC-Eular/ACR-2019** | 30.0 [20.5, 35.0] | 19.0 [16.0, 22.0] | 24.0 [17.0, 29.5] |
| **Aerobic Capacity - Screening** | 29.0 (5.57) | 25.9 (7.72) | 30.6 (9.61) |
| **HRmax - Screening** | 179 [170, 191] | 170 [155, 175] | 170 [156, 179] |
| **Borg-Scale - Screening** | 17.0 [17.0, 19.0] | 17.0 [16.0, 18.0] | 18.0 [16.8, 18.0] |
| **Maximal Wattage - Screening (Watt)** | 184 [142, 196] | 157 [132, 174] | 173 [124, 225] |
| **Aerobic Capacity - Baseline** | 27.2 (5.35) | 24.8 (5.96) | 28.8 (7.98) |
| **HRmax - Baseline** | 178 [171, 185] | 169 [162, 178] | 170 [155, 180] |
| **Borg-Scale - Baseline** | 18.0 [17.0, 19.0] | 17.0 [16.0, 19.0] | 18.0 [16.8, 18.0] |
| **Maximal Wattage - Baseline (Watt)** | 181 [156, 199] | 163 [120, 181] | 176 [127, 229] |
| **FSS** | 5.22 [3.78, 5.83] | 4.56 [3.89, 5.56] | 5.22 [4.31, 6.08] |
| **VAS Fatigue - Patient (1-100)** | 50.0 [30.0, 70.0] | 40.0 [30.0, 60.0] | 30.0 [20.0, 40.0] |
| **VAS overall disease activity - patient (1-10)** | 4.00 [2.00, 5.00] | 3.00 [2.00, 5.25] | 3.00 [2.00, 5.50] |
| **VAS overall disease activity - physician (1-100)** | 15.8 [8.09, 26.2] | 20.0 [4.60, 38.0] | 21.7 [6.67, 33.5] |
| **Daily time in MVPA (Minutes)** | 37.7 (26.1) | 25.9 (26.5) | 22.5 (15.4) |
| **Energy Intake (kJ)** | 7100 (1860) | 8330 (2320) | 8490 (1910) |
| **Lipid intake (g)** | 74.6 [60.8, 88.1] | 84.1 [59.5, 108] | 75.6 [54.9, 86.7] |
| **Carbohydrate intake (g)** | 166 [140, 205] | 186 [146, 274] | 223 [161, 299] |
| **Protein intake (g)** | 72.2 [57.7, 77.1] | 73.9 [62.6, 85.5] | 83.3 [80.1, 90.1] |
| **Adipose Tissue on DXA scan (%)** | 35.2 [30.8, 41.6] | 37.4 [34.6, 43.4] | 35.1 [30.2, 39.0] |
| **Android fat mass (kg)** | 1.89 [1.15, 3.34] | 2.30 [2.02, 2.58] | 2.36 [1.42, 3.35] |
| **Gynoid fat mass (kg)** | 4.51 [4.12, 6.70] | 5.21 [4.33, 5.60] | 4.49 [3.77, 6.21] |
| **Total lean mass (kg)** | 41.9 [37.3, 45.7] | 40.2 [38.3, 42.8] | 42.3 [35.0, 48.0] |
| **All IFN Z-Score (SD)** | 2.85 (1.97) | 2.05 (1.98) | 1.81 (1.93) |
| **IFN-1 Z-Score (SD)** | 2.98 (2.07) | 2.09 (2.09) | 1.92 (1.96) |
| **Hemoglobin (mmol/L)** | 7.66 (0.600) | 7.70 (0.943) | 8.03 (0.698) |
| **Thrombocytes (10^9/L)** | 244 (51.6) | 262 (96.9) | 220 (41.4) |
| **Estimated Glomerular Filtration Rate (ml/min/1.73m²)** | 79.0 [68.5, 83.5] | 79.0 [73.0, 86.0] | 82.0 [80.5, 85.5] |
| **β2 microglobuline (mg/L)** | 2.14 [1.80, 2.47] | 2.01 [1.93, 2.83] | 2.00 [1.65, 2.54] |