|  | normal | | Slightly Elevated | | Highly Elevated | |
| --- | --- | --- | --- | --- | --- | --- |
|  | control (N=9) | exercise (N=7) | control (N=7) | exercise (N=3) | control (N=10) | exercise (N=2) |
| **Aerobic Capacity Change from test 1 (mL/min/kg)** | -1.29 (3.39) | 0.691 (3.88) | 1.06 (3.13) | 2.97 (2.63) | -2.70 (1.88) | 1.43 (1.16) |
| **Maximal Oxygen Uptake change from test 1 (mL/min)** | -100 (227) | 56.9 (232) | 47.8 (246) | 190 (169) | -201 (150) | 37.2 (17.0) |
| **Maximal Heart Rate Change from test 1 (1/min)** | -2.00 [-3.00, -1.50] | -1.00 [-3.00, 3.00] | -9.00 [-12.0, -8.00] | -6.00 [-6.00, 3.00] | -8.50 [-18.3, -4.75] | -7.00 [-9.00, -5.00] |
| **Aerobic Capacity Change from test 2 (mL/min/kg)** | 0.273 (3.90) | 2.54 (3.03) | 1.73 (2.20) | 5.74 (4.98) | 1.23 (3.03) | 0.230 (2.73) |
| **Maximal Oxygen Uptake change from test 2 (mL/min)** | 24.9 (300) | 180 (216) | 101 (181) | 383 (290) | 17.1 (159) | -70.7 (329) |
| **Maximal Heart Rate Change from test 2 (1/min)** | -2.00 [-3.00, 3.00] | -3.00 [-4.00, 1.00] | -3.00 [-10.0, -1.00] | 1.00 [-0.500, 2.00] | -8.00 [-9.00, -1.00] | -3.00 [-4.00, -2.00] |
| **SF-36 Mental Change from baseline** | 3.34 [0.864, 5.51] | -0.240 [-3.19, 2.30] | -7.97 [-21.5, -4.18] | 1.48 [-8.55, 5.43] | 3.48 [1.90, 11.0] | -0.913 [-2.16, 0.328] |
| **SF-36 Physical Change from baseline** | -3.55 [-4.11, -2.80] | -1.06 [-2.17, 1.54] | 0.586 [-5.05, 6.62] | -0.584 [-2.96, 2.59] | 0.0301 [-2.22, 1.10] | 4.30 [3.46, 5.14] |
| **Fatigue Severity Scale Change** | -0.0494 (0.361) | -0.778 (1.14) | 0.311 (0.709) | 0.0741 (0.449) | -0.247 (0.949) | -0.0556 (0.236) |
| **Change in energy intake (kJ)** | -462 (1530) | -482 (920) | -2390 (7340) | -675 (208) | -953 (1170) | 1790 (1290) |
| **Change in MVPA (minutes)** | 2.69 [-6.22, 21.8] | 8.50 [5.03, 26.5] | 4.15 [-3.04, 5.08] | 3.19 [-3.76, 13.4] | -4.36 [-11.1, 7.19] | 14.5 [1.15, 27.9] |
| **Change in BMI** | 0.0107 [-0.362, 0.347] | -0.157 [-0.642, 0.0123] | 0 [-0.224, 0.00142] | -0.126 [-0.323, -0.104] | -0.236 [-0.500, 0] | -0.702 [-1.17, -0.238] |