|  | normal | | Slightly Elevated | | Highly Elevated | |
| --- | --- | --- | --- | --- | --- | --- |
|  | Pingvin (N=9) | Søløve (N=14) | Pingvin (N=7) | Søløve (N=7) | Pingvin (N=10) | Søløve (N=5) |
| **Aerobic Capacity Change from test 1 (mL/min/kg)** | -1.29 (3.39) | 1.16 (3.04) | 1.06 (3.13) | 2.56 (2.90) | -2.70 (1.88) | -0.598 (3.22) |
| **Maximal Oxygen Uptake change from test 1 (mL/min)** | -100 (227) | 137 (291) | 47.8 (246) | 149 (184) | -201 (150) | -96.9 (227) |
| **Maximal Heart Rate Change from test 1 (1/min)** | -2.00 [-3.00, -1.50] | -1.50 [-5.00, 4.50] | -9.00 [-12.0, -8.00] | -6.00 [-8.25, -5.25] | -8.50 [-18.3, -4.75] | -7.00 [-11.0, -1.00] |
| **Aerobic Capacity Change from test 2 (mL/min/kg)** | 0.273 (3.90) | 2.42 (2.75) | 1.73 (2.20) | 4.64 (4.11) | 1.23 (3.03) | -0.685 (3.43) |
| **Maximal Oxygen Uptake change from test 2 (mL/min)** | 24.9 (300) | 164 (188) | 101 (181) | 297 (256) | 17.1 (159) | -106 (294) |
| **Maximal Heart Rate Change from test 2 (1/min)** | -2.00 [-3.00, 3.00] | -3.00 [-4.00, 1.50] | -3.00 [-10.0, -1.00] | -4.50 [-9.25, 0.250] | -8.00 [-9.00, -1.00] | -3.00 [-5.00, 0] |
| **SF-36 Mental Change from baseline** | 3.34 [0.864, 5.51] | -0.240 [-4.85, 2.02] | -7.97 [-21.5, -4.18] | 1.16 [-1.76, 2.96] | 3.48 [1.90, 11.0] | 0.879 [-3.28, 1.57] |
| **SF-36 Physical Change from baseline** | -3.55 [-4.11, -2.80] | 1.18 [-1.59, 3.30] | 0.586 [-5.05, 6.62] | -0.426 [-4.15, -0.0692] | 0.0301 [-2.22, 1.10] | 2.62 [2.45, 4.09] |
| **Fatigue Severity Scale Change** | -0.0494 (0.361) | -0.658 (1.01) | 0.311 (0.709) | 0.352 (0.474) | -0.247 (0.949) | 0.778 (1.52) |
| **Change in energy intake (kJ)** | -462 (1530) | -407 (1020) | -2390 (7340) | -584 (766) | -953 (1170) | 1330 (1220) |
| **Change in MVPA (minutes)** | 2.69 [-6.22, 21.8] | 7.50 [3.95, 14.7] | 4.15 [-3.04, 5.08] | 2.53 [-5.15, 3.19] | -4.36 [-11.1, 7.19] | 5.76 [-8.99, 24.9] |
| **Change in BMI** | 0.0107 [-0.362, 0.347] | -0.0947 [-0.661, 0.363] | 0 [-0.224, 0.00142] | -0.180 [-0.257, -0.0937] | -0.236 [-0.500, 0] | 0.209 [-1.06, 0.226] |