| Table 2 – Raw Change Scores | Pingvin (N=27) | Søløve (N=26) |
| --- | --- | --- |
| **Aerobic Capacity Change from test 1 (mL/min/kg)** | -1.15 (3.04)   missing: 4 | 1.02 (2.96)   missing: 1 |
| **Maximal Oxygen Uptake change from test 1 (mL/min)** | -101 (211)   missing: 4 | 89.4 (258)   missing: 1 |
| **Maximal Heart Rate Change from test 1 (1/min)** | -4.00 [-9.50, -1.50]   missing: 4 | -5.00 [-6.00, 0]   missing: 1 |
| **Aerobic Capacity Change from test 2 (mL/min/kg)** | 0.963 (2.96)   missing: 4 | 2.61 (3.52)   missing: 2 |
| **Maximal Oxygen Uptake change from test 2 (mL/min)** | 35.8 (203)   missing: 4 | 162 (260)   missing: 2 |
| **Maximal Heart Rate Change from test 2 (1/min)** | -3.00 [-8.00, 1.50]   missing: 4 | -1.50 [-5.00, 2.25]   missing: 2 |
| **SF-36 Mental Change from baseline** | 2.78 [-1.76, 5.91]   missing: 3 | 0.861 [-3.37, 2.25]   missing: 2 |
| **SF-36 Physical Change from baseline** | -2.27 [-3.75, 1.03]   missing: 3 | 0.972 [-1.19, 3.38]   missing: 2 |
| **Fatigue Severity Scale Change** | -0.0185 (0.715)   missing: 3 | -0.106 (1.17)   missing: 2 |
| **Change in energy intake (kJ)** | -1040 (2670)   missing: 16 | -127 (1180)   missing: 10 |
| **Change in MVPA (minutes)** | -2.52 [-10.2, 10.8]   missing: 10 | 6.33 [-3.02, 17.9]   missing: 6 |
| **Change in BMI** | -0.005 [-0.409, 0.130]   missing: 3 | -0.110 [-0.555, 0.213]   missing: 2 |