|  | Pingvin (N=27) | Søløve (N=26) |
| --- | --- | --- |
| **Aerobic Capacity Change from test 1 (mL/min/kg)** | -1.32 (3.00) | 1.22 (3.08) |
| **Maximal Oxygen Uptake change from test 1 (mL/min)** | -108 (214) | 101 (264) |
| **Maximal Heart Rate Change from test 1 (1/min)** | -4.50 [-9.75, -2.00] | -4.50 [-6.75, 1.25] |
| **Aerobic Capacity Change from test 2 (mL/min/kg)** | 0.964 (3.03) | 2.46 (3.67) |
| **Maximal Oxygen Uptake change from test 2 (mL/min)** | 35.6 (208) | 150 (262) |
| **Maximal Heart Rate Change from test 2 (1/min)** | -3.00 [-8.00, 2.25] | -3.00 [-5.00, 1.25] |
| **SF-36 Mental Change from baseline** | 2.78 [-1.76, 5.91] | 0.861 [-3.37, 2.25] |
| **SF-36 Physical Change from baseline** | -2.27 [-3.75, 1.03] | 0.972 [-1.19, 3.38] |
| **Fatigue Severity Scale Change** | -0.0185 (0.715) | -0.106 (1.17) |
| **Change in energy intake (kJ)** | -1040 (2670) | -127 (1180) |
| **Change in MVPA (minutes)** | -2.52 [-10.2, 10.8] | 6.33 [-3.02, 17.9] |
| **Change in BMI** | -0.00502 [-0.409, 0.130] | -0.110 [-0.555, 0.213] |