|  | control | | | exercise | | |
| --- | --- | --- | --- | --- | --- | --- |
|  | lowest 33% (N=7) | 33-67% (N=7) | highest 33% (N=12) | lowest 33% (N=5) | 33-67% (N=5) | highest 33% (N=2) |
| **Aerobic Capacity Change from test 1 (mL/min/kg)** |  |  |  |  |  |  |
| N | 6 | 6 | 9 | 5 | 5 | 2 |
| Mean (SD) | -0.712 (3.48) | -1.01 (2.85) | -1.81 (3.20) | 0.914 (4.38) | 1.84 (3.01) | 1.43 (1.16) |
| NMISS | 1 | 1 | 3 | 0 | 0 | 0 |
| **Maximal Oxygen Uptake change from test 1 (mL/min)** |  |  |  |  |  |  |
| N | 6 | 6 | 9 | 5 | 5 | 2 |
| Mean (SD) | -64.2 (256) | -93.1 (171) | -137 (240) | 73.9 (281) | 119 (155) | 37.2 (17.0) |
| NMISS | 1 | 1 | 3 | 0 | 0 | 0 |
| **Aerobic Capacity Change from test 2 (mL/min/kg)** |  |  |  |  |  |  |
| N | 5 | 6 | 10 | 5 | 4 | 2 |
| Mean (SD) | -0.630 (2.64) | 1.56 (3.54) | 1.54 (3.02) | 2.67 (3.37) | 4.78 (4.50) | 0.230 (2.73) |
| NMISS | 2 | 1 | 2 | 0 | 1 | 0 |
| **Maximal Oxygen Uptake change from test 2 (mL/min)** |  |  |  |  |  |  |
| N | 5 | 6 | 10 | 5 | 4 | 2 |
| Mean (SD) | -64.2 (175) | 111 (282) | 48.8 (181) | 164 (238) | 352 (245) | -70.7 (329) |
| NMISS | 2 | 1 | 2 | 0 | 1 | 0 |
| **SF-36 Mental Change from baseline** |  |  |  |  |  |  |
| N | 7 | 6 | 10 | 5 | 5 | 2 |
| Median [Q1, Q3] | 3.34 [1.63, 5.08] | -4.17 [-7.02, -1.76] | 3.32 [1.26, 9.77] | -1.52 [-4.85, -0.240] | 1.67 [1.48, 2.93] | -0.913 [-2.16, 0.328] |
| NMISS | 0 | 1 | 2 | 0 | 0 | 0 |
| **SF-36 Physical Change from baseline** |  |  |  |  |  |  |
| N | 7 | 6 | 10 | 5 | 5 | 2 |
| Median [Q1, Q3] | -3.63 [-6.15, -3.22] | -1.88 [-4.49, 0.201] | 0.522 [-1.79, 2.91] | -1.06 [-1.59, 2.93] | -0.584 [-2.76, 0.138] | 4.30 [3.46, 5.14] |
| NMISS | 0 | 1 | 2 | 0 | 0 | 0 |
| **Fatigue Severity Scale Change** |  |  |  |  |  |  |
| N | 7 | 6 | 10 | 5 | 5 | 2 |
| Mean (SD) | -0.159 (0.271) | 0.204 (0.581) | -0.122 (0.978) | -0.422 (1.17) | -0.622 (1.02) | -0.0556 (0.236) |
| NMISS | 0 | 1 | 2 | 0 | 0 | 0 |
| **Change in energy intake (kJ)** |  |  |  |  |  |  |
| N | 2 | 3 | 6 | 5 | 3 | 2 |
| Mean (SD) | -321 (2610) | -2930 (4040) | -328 (1860) | -440 (1020) | -681 (148) | 1790 (1290) |
| NMISS | 5 | 4 | 6 | 0 | 2 | 0 |
| **Change in MVPA (minutes)** |  |  |  |  |  |  |
| N | 5 | 4 | 7 | 5 | 5 | 2 |
| Median [Q1, Q3] | 21.1 [2.69, 22.4] | -10.1 [-15.7, -6.40] | -3.71 [-9.10, 8.42] | 8.50 [7.42, 35.5] | 3.19 [-10.7, 17.4] | 14.5 [1.15, 27.9] |
| NMISS | 2 | 3 | 5 | 0 | 0 | 0 |
| **Change in BMI** |  |  |  |  |  |  |
| N | 7 | 6 | 10 | 5 | 5 | 2 |
| Median [Q1, Q3] | 0.0107 [-0.288, 0.302] | 0.000708 [-0.425, 0.0398] | -0.230 [-0.470, -0.00251] | -0.157 [-0.320, -0.0947] | -0.126 [-0.520, -0.0831] | -0.702 [-1.17, -0.238] |
| NMISS | 0 | 1 | 2 | 0 | 0 | 0 |