

# RESTORES Manuscript

**Table 4**

**Variables only applicable to UAB: Total Cholesterol, HDL Cholesterol, LDL Cholesterol, & Triglycerides**

**NOTE** The results include participants from site(s) 2

Variable	Difference (95% CI) from Baseline to Week 12		
	B	C	A
total_cholesterol	-1.58 (-13.8, 10.6)	7.75 (-5.38, 20.9)	4.76 (-4.80, 14.3)
hdl_cholesterol	1.91 (-3.49, 7.32)	-3.48 (-9.29, 2.33)	-2.26 (-6.51, 1.99)
ldl_cholesterol	-4.04 (-16.5, 8.47)	10.8 (-2.65, 24.3)	5.33 (-4.51, 15.2)
triglycerides	5.99 (-13.2, 25.2)	-1.75 (-22.2, 18.7)	13.6 (-1.49, 28.7)

**Table 4 (Continued I)**

**NOTE** The results include participants from site(s) 1 and 2

variable	Difference (95% CI) from Baseline to Week 12		
	B	C	A
blood_glucose	-6.10 (-17.8, 5.64)	-0.87 (-12.4, 10.7)	4.66 (-6.88, 16.2)
blood_urea_nitrogen	-0.06 (-1.88, 1.75)	-1.09 (-2.91, 0.73)	0.58 (-1.24, 2.40)
blood_creatinine	0.19 (-5.71, 6.08)	6.23 (0.95, 11.5)	0.06 (-4.45, 4.57)
blood_chloride	-0.22 (-1.41, 0.97)	0.23 (-0.96, 1.42)	-0.75 (-1.94, 0.44)
blood_co2	0.84 (-0.57, 2.25)	1.62 (0.21, 3.03)	0.84 (-0.57, 2.25)
blood_protein	-0.19 (-0.37, 0.00)	-0.06 (-0.25, 0.12)	-0.02 (-0.20, 0.16)
blood_albumin	0.01 (-0.11, 0.12)	-0.01 (-0.12, 0.10)	-0.03 (-0.14, 0.08)
blood_globulin	0.00 (-0.13, 0.13)	-0.06 (-0.18, 0.07)	0.01 (-0.11, 0.14)
blood_bilirubin	0.09 (0.02, 0.16)	-0.07 (-0.14, 0.00)	-0.01 (-0.08, 0.06)
blood_alk_phosph	-2.49 (-7.69, 2.71)	2.92 (-2.12, 7.96)	6.35 (1.31, 11.4)
blood_ast	-1.08 (-3.39, 1.22)	3.45 (1.22, 5.68)	-1.52 (-3.75, 0.71)
blood_alt	-0.82 (-4.55, 2.91)	6.33 (2.72, 9.93)	-0.90 (-4.51, 2.71)

**Table 4 (Continued II)**

**NOTE** The results include participants from site(s) 1 and 2

variable	Difference (95% CI) from Baseline to Week 12		
	B	C	A
Calcium___mg	-73.5 (-265, 118)	-36.7 (-235, 162)	-71.3 (-245, 102)
Sodium___mg	-143 (-836, 551)	187 (-533, 907)	45.6 (-583, 674)
Potassium___mg	-54.2 (-668, 560)	240 (-395, 876)	-382 (-939, 174)

**Table 5**

- The results include participants from site(s) 1 and 2

- Comparing Screening to week 12

variable	Difference (95% CI) from Screening to Week 12		
	B	C	A
bp_sys	-6.63 (-13.6, 0.38)	-6.99 (-14.1, 0.13)	0.39 (-6.87, 7.64)
bp_dia	-1.72 (-5.77, 2.34)	-6.68 (-10.8, -2.56)	-2.25 (-6.44, 1.95)
bmi	-0.23 (-0.58, 0.11)	0.01 (-0.35, 0.37)	-0.20 (-0.56, 0.16)
waist_circumference	6.34 (0.39, 12.3)	-0.07 (-5.94, 5.81)	1.07 (-4.90, 7.03)

**Table 5 (Continued)**

- The results include participants from site(s) 2
- Comparing Screening to week 12

variable	Difference (95% CI) from Screening to Week 12		
	B	C	A
hip_circumference	-7.71 (-14.6, -0.76)	-1.31 (-8.69, 6.07)	-7.07 (-12.5, -1.64)

**Table 6**

**NOTE** The results include participants from site(s) 1 and 2

variable	Difference (95% CI) from Baseline to Week 12		
	B	C	A
calories	81.1 (-304, 466)	39.0 (-361, 439)	-146 (-496, 203)
protein	-0.69 (-14.1, 12.8)	-6.59 (-20.5, 7.36)	-5.04 (-17.5, 7.37)
cho	-1.16 (-54.3, 52.0)	25.2 (-29.9, 80.3)	-14.9 (-63.1, 33.3)
fat	10.4 (-9.42, 30.2)	9.25 (-11.2, 29.7)	-12.6 (-30.5, 5.36)
vit_c	-19.9 (-40.1, 0.24)	-21.4 (-42.2, -0.58)	-9.50 (-27.7, 8.73)

**Table 7**

**NOTE** The results include participants from site(s) 1 and 2

variable	Difference (95% CI) from Baseline to Week 12		
	B	C	A
avg_step_counts	-676 (-1,165, -187)	-312 (-787, 164)	-249 (-738, 241)
sedentary_daily	-27.3 (-80.0, 25.5)	-7.80 (-59.2, 43.6)	-26.9 (-79.8, 26.1)
light_daily	-11.6 (-22.8, -0.30)	3.71 (-7.26, 14.7)	-3.49 (-14.8, 7.80)
moderate_daily	-2.54 (-5.49, 0.40)	-1.60 (-4.47, 1.27)	-1.42 (-4.38, 1.54)
vigorous_daily	-0.10 (-0.26, 0.07)	-0.08 (-0.24, 0.08)	-0.01 (-0.17, 0.16)
very_vigorous_daily	0.01 (-0.04, 0.05)	-0.03 (-0.07, 0.02)	0.00 (-0.04, 0.05)
active_time_daily	-14.2 (-27.3, -1.14)	1.91 (-10.8, 14.6)	-4.72 (-17.8, 8.38)
avg_wear_time_minutes	-41.9 (-98.3, 14.5)	-2.45 (-59.0, 54.1)	-28.6 (-85.3, 28.1)

**Supplementary Table 2**

**NOTE** The results include participants from site(s) 1 and 2

variable	Difference (95% CI) from Baseline to Week 12		
	B	C	A
tot_met_walked	9.34 (-9.02, 27.7)	22.9 (4.18, 41.6)	33.1 (13.8, 52.4)
sppb_total	0.38 (-0.17, 0.93)	0.25 (-0.30, 0.80)	0.13 (-0.42, 0.69)
mean_pt_knee_ext	-3.24 (-9.70, 3.23)	10.5 (4.28, 16.7)	6.15 (-0.31, 12.6)
llfdi_ftot_scale	1.41 (-1.52, 4.35)	1.58 (-1.40, 4.56)	2.59 (-0.44, 5.62)
llfdi_ltot_scale	4.77 (0.06, 9.49)	5.72 (0.93, 10.5)	3.36 (-1.50, 8.22)

## Supplementary Table 3

**NOTE** The results include participants from site(s) 2

variable	Difference (95% CI) from Baseline to Week 12		
	A	B	C
leg_press	45.6 (20.5, 70.8)	21.4 (-7.88, 50.7)	54.3 (22.9, 85.6)
chest_press	3.93 (-4.13, 12.0)	5.75 (-3.68, 15.2)	2.65 (-7.45, 12.7)
knee_extension	8.19 (-17.0, 33.4)	12.3 (-17.3, 41.9)	27.7 (-3.73, 59.1)