Obs	ID	Sex	Group	Days	Fatmass	FFM	MuscleGlycogen	COXIV	GIRperkgFFMperinsulin
1	1	1	1	0	43.1473	73.1527	517.538	1.37	2.6919
2	1	1	1	93	44.4567	72.8433	623.147	1.49	6.7656
3	1	1	1	96	44.4567	72.8433	726.587	1.88	6.1666
4	4	0	0	0	39.6760	51.3240	506.638	0.86	5.1617
5	4	0	0	93	38.2872	52.0128	766.439	1.12	6.2406
6	4	0	0	96	38.2448	51.9552	628.304	1.00	4.8547
7	6	1	0	0	49.7871	67.9129	519.121	1.05	4.6351
8	6	1	0	93	48.5135	68.3865	553.229	1.47	4.6936
9	6	1	0	96	49.7170	70.0830	832.371	1.58	4.4599
10	7	0	0	0	44.8836	54.4164	585.228	1.22	13.7358

Obs	TotalAdiponectin	LogTotalAdiponectin
1	2472.66	3.39316
2	1157.65	3.06358
3	1173.18	3.06936
4	1369.91	3.13669
5	1017.86	3.00769
6	1105.87	3.04371
7	1354.38	3.13174
8	795.24	2.90050
9	909.14	2.95863
10	11574.23	4.06349

Obs	ID	Sex	Group	Days	Fatmass	FFM	MuscleGlycogen	COXIV	GIRperkgFFMperinsulin	TotalAdiponectin
1	1	1	1	0	43.1473	73.1527	517.538	1.37	2.6919	2472.66
2	1	1	1	93	44.4567	72.8433	623.147	1.49	6.7656	1157.65
3	1	1	1	96	44.4567	72.8433	726.587	1.88	6.1666	1173.18
4	4	0	0	0	39.6760	51.3240	506.638	0.86	5.1617	1369.91
5	4	0	0	93	38.2872	52.0128	766.439	1.12	6.2406	1017.86
6	4	0	0	96	38.2448	51.9552	628.304	1.00	4.8547	1105.87
7	6	1	0	0	49.7871	67.9129	519.121	1.05	4.6351	1354.38
8	6	1	0	93	48.5135	68.3865	553.229	1.47	4.6936	795.24
9	6	1	0	96	49.7170	70.0830	832.371	1.58	4.4599	909.14
10	7	0	0	0	44.8836	54.4164	585.228	1.22	13.7358	11574.23

Obs	LogTotalAdiponectin	Fatmass_cent	Adiponectin_cent	MuscleGlycogen_cent
1	3.39316	2.4673	-1537.73	-77.868
2	3.06358	3.7767	-2852.75	27.741
3	3.06936	3.7767	-2837.22	131.181
4	3.13669	-1.0040	-2640.48	-88.768
5	3.00769	-2.3928	-2992.53	171.033
6	3.04371	-2.4352	-2904.52	32.898
7	3.13174	9.1071	-2656.01	-76.285
8	2.90050	7.8335	-3215.16	-42.176
9	2.95863	9.0370	-3101.26	236.965
10	4.06349	4.2036	7563.84	-10.177

The Mixed Procedure

Model Information	
Data Set	WORK.EXERCISE_D
Dependent Variable	GIRperkgFFMperinsulin
Covariance Structure	Unstructured
Subject Effects	ID, ID
Estimation Method	REML
Residual Variance Method	None
Fixed Effects SE Method	Model-Based
Degrees of Freedom Method	Containment

Class Level Information		
Class	**Levels**	**Values**
ID	31	1 10 11 19 21 22 23 24 25 27 29 31 4 40 41 42 43 47 49 53 55 56 6 62 63 64 65 66 7 8 9
Group	2	0 1
Sex	2	0 1

Dimensions	
Covariance Parameters	9
Columns in X	6
Columns in Z per Subject	2
Subjects	31
Max Obs per Subject	3

Number of Observations	
Number of Observations Read	93
Number of Observations Used	92
Number of Observations Not Used	1

Iteration History			
Iteration	**Evaluations**	**-2 Res Log Like**	**Criterion**
0	1	516.10980013	
1	2	471.64057359	17.41724844
2	3	471.57048202	.
3	1	471.23839134	0.06134771
4	1	470.95165599	0.01823840
5	1	470.88482812	.
6	1	470.87491530	.

The Mixed Procedure

Iteration History			
Iteration	Evaluations	-2 Res Log Like	Criterion
7	1	470.87482281	.
8	1	470.87482280	0.00000000

Convergence criteria met but final Hessian is not positive definite.

Estimated R Matrix for ID 1			
Row	Col1	Col2	Col3
1	4.0178	3.6771	-0.2560
2	3.6771	9.1962	2.0209
3	-0.2560	2.0209	3.9998

Estimated R Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.6049	-0.06386
2	0.6049	1.0000	0.3332
3	-0.06386	0.3332	1.0000

Estimated G Matrix				
Row	Effect	ID	Col1	Col2
1	Intercept	1	6.9104	0.005971
2	Days	1	0.005971	

Estimated G Correlation Matrix				
Row	Effect	ID	Col1	Col2
1	Intercept	1	1.0000	
2	Days	1		1.0000

Estimated V Matrix for ID 1			
Row	Col1	Col2	Col3
1	10.9282	11.1428	7.2276
2	11.1428	17.2172	10.0598
3	7.2276	10.0598	12.0566

The Mixed Procedure

Estimated V Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.8123	0.6297
2	0.8123	1.0000	0.6982
3	0.6297	0.6982	1.0000

Estimated G matrix is not positive definite.

Covariance Parameter Estimates		
Cov Parm	Subject	Estimate
UN(1,1)	ID	6.9104
UN(2,1)	ID	0.005971
UN(2,2)	ID	0
UN(1,1)	ID	4.0178
UN(2,1)	ID	3.6771
UN(2,2)	ID	9.1962
UN(3,1)	ID	-0.2560
UN(3,2)	ID	2.0209
UN(3,3)	ID	3.9998

Fit Statistics	
-2 Res Log Likelihood	470.9
AIC (Smaller is Better)	486.9
AICC (Smaller is Better)	488.7
BIC (Smaller is Better)	498.3

Null Model Likelihood Ratio Test		
DF	Chi-Square	Pr > ChiSq
7	45.23	<.0001

Solution for Fixed Effects							
Effect	Group	Sex	Estimate	Standard Error	DF	t Value	Pr > |t|
Sex		0	8.0375	0.7542	28	10.66	<.0001
Sex		1	5.6404	0.9070	28	6.22	<.0001
Days*Group	0		0.01312	0.005984	28	2.19	0.0368
Days*Group	1		0.01692	0.006163	28	2.75	0.0104

The Mixed Procedure

Solution for Fixed Effects							
Effect	**Group**	**Sex**	**Estimate**	**Standard Error**	**DF**	**t Value**	**Pr > |t|**
Fatmass_cent			-0.09971	0.07719	28	-1.29	0.2070
Adiponectin_cent			0.000318	0.000211	28	1.50	0.1436

Type 3 Tests of Fixed Effects				
Effect	**Num DF**	**Den DF**	**F Value**	**Pr > F**
Sex	2	28	82.78	<.0001
Days*Group	2	28	5.76	0.0080
Fatmass_cent	1	28	1.67	0.2070
Adiponectin_cent	1	28	2.26	0.1436

The Mixed Procedure

Model Information	
Data Set	WORK.EXERCISE_D
Dependent Variable	GIRperkgFFMperinsulin
Covariance Structures	Unstructured, Heterogeneous Autoregressive
Subject Effects	ID, ID
Estimation Method	REML
Residual Variance Method	None
Fixed Effects SE Method	Model-Based
Degrees of Freedom Method	Containment

Class Level Information		
Class	**Levels**	**Values**
ID	31	1 10 11 19 21 22 23 24 25 27 29 31 4 40 41 42 43 47 49 53 55 56 6 62 63 64 65 66 7 8 9
Group	2	0 1
Sex	2	0 1

Dimensions	
Covariance Parameters	7
Columns in X	6
Columns in Z per Subject	2
Subjects	31
Max Obs per Subject	3

Number of Observations	
Number of Observations Read	93
Number of Observations Used	92
Number of Observations Not Used	1

Iteration History			
Iteration	**Evaluations**	**-2 Res Log Like**	**Criterion**
0	1	516.10980013	
1	4	472.89339573	0.26875569
2	1	472.77597653	0.00244084
3	4	472.52027379	0.00075704
4	1	472.38733397	0.00011214
5	2	472.36845942	0.00000895

The Mixed Procedure

Iteration History			
Iteration	**Evaluations**	**-2 Res Log Like**	**Criterion**
6	1	472.36700558	0.00000005
7	1	472.36699776	0.00000000

Convergence criteria met.

Estimated R Matrix for ID 1			
Row	**Col1**	**Col2**	**Col3**
1	5.9181	5.7183	3.1198
2	5.7183	12.8571	7.0146
3	3.1198	7.0146	8.9052

Estimated R Correlation Matrix for ID 1			
Row	**Col1**	**Col2**	**Col3**
1	1.0000	0.6556	0.4297
2	0.6556	1.0000	0.6556
3	0.4297	0.6556	1.0000

Estimated G Matrix				
Row	**Effect**	**ID**	**Col1**	**Col2**
1	Intercept	1	4.3337	-0.00346
2	Days	1	-0.00346	

Estimated G Correlation Matrix				
Row	**Effect**	**ID**	**Col1**	**Col2**
1	Intercept	1	1.0000	
2	Days	1		1.0000

Estimated V Matrix for ID 1			
Row	**Col1**	**Col2**	**Col3**
1	10.2518	9.7304	7.1215
2	9.7304	16.5476	10.6947
3	7.1215	10.6947	12.5750

The Mixed Procedure

Estimated V Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.7471	0.6272
2	0.7471	1.0000	0.7414
3	0.6272	0.7414	1.0000

Estimated G matrix is not positive definite.

Covariance Parameter Estimates		
Cov Parm	Subject	Estimate
UN(1,1)	ID	4.3337
UN(2,1)	ID	-0.00346
UN(2,2)	ID	0
Var(1)	ID	5.9181
Var(2)	ID	12.8571
Var(3)	ID	8.9052
ARH(1)	ID	0.6556

Fit Statistics	
-2 Res Log Likelihood	472.4
AIC (Smaller is Better)	484.4
AICC (Smaller is Better)	485.4
BIC (Smaller is Better)	493.0

Null Model Likelihood Ratio Test		
DF	Chi-Square	Pr > ChiSq
5	43.74	<.0001

Solution for Fixed Effects							
Effect	Group	Sex	Estimate	Standard Error	DF	t Value	Pr > |t|
Sex		0	8.1150	0.7577	28	10.71	<.0001
Sex		1	5.7848	0.9082	28	6.37	<.0001
Days*Group	0		0.01254	0.006689	28	1.88	0.0712
Days*Group	1		0.01591	0.006802	28	2.34	0.0267
Fatmass_cent			-0.1109	0.07782	28	-1.43	0.1650
Adiponectin_cent			0.000341	0.000214	28	1.59	0.1220

The Mixed Procedure

Type 3 Tests of Fixed Effects				
Effect	**Num DF**	**Den DF**	**F Value**	**Pr > F**
Sex	2	28	83.95	<.0001
Days*Group	2	28	4.19	0.0255
Fatmass_cent	1	28	2.03	0.1650
Adiponectin_cent	1	28	2.54	0.1220

rand unstrucutred, main ARH(1), without random slope

The Mixed Procedure

Model Information	
Data Set	WORK.EXERCISE_D
Dependent Variable	GIRperkgFFMperinsulin
Covariance Structures	Unstructured, Heterogeneous Autoregressive
Subject Effects	ID, ID
Estimation Method	REML
Residual Variance Method	None
Fixed Effects SE Method	Model-Based
Degrees of Freedom Method	Containment

Class Level Information		
Class	**Levels**	**Values**
ID	31	1 10 11 19 21 22 23 24 25 27 29 31 4 40 41 42 43 47 49 53 55 56 6 62 63 64 65 66 7 8 9
Group	2	0 1
Sex	2	0 1

Dimensions	
Covariance Parameters	5
Columns in X	6
Columns in Z per Subject	1
Subjects	31
Max Obs per Subject	3

Number of Observations	
Number of Observations Read	93
Number of Observations Used	92
Number of Observations Not Used	1

Iteration History			
Iteration	**Evaluations**	**-2 Res Log Like**	**Criterion**
0	1	516.10980013	
1	2	472.88923942	0.00273373
2	1	472.41630842	0.00019138
3	2	472.38131396	0.00002011
4	1	472.37791996	0.00000030
5	1	472.37787258	0.00000000

rand unstrucutred, main ARH(1), without random slope

The Mixed Procedure

Convergence criteria met.

Estimated R Matrix for ID 1			
Row	Col1	Col2	Col3
1	6.0863	5.6843	3.0258
2	5.6843	12.6486	6.7329
3	3.0258	6.7329	8.5389

Estimated R Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.6479	0.4197
2	0.6479	1.0000	0.6479
3	0.4197	0.6479	1.0000

Estimated G Matrix			
Row	Effect	ID	Col1
1	Intercept	1	4.1467

Estimated G Correlation Matrix			
Row	Effect	ID	Col1
1	Intercept	1	1.0000

Estimated V Matrix for ID 1			
Row	Col1	Col2	Col3
1	10.2330	9.8310	7.1725
2	9.8310	16.7953	10.8797
3	7.1725	10.8797	12.6857

Estimated V Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.7499	0.6295
2	0.7499	1.0000	0.7454
3	0.6295	0.7454	1.0000

rand unstrucutred, main ARH(1), without random slope

The Mixed Procedure

Covariance Parameter Estimates		
Cov Parm	**Subject**	**Estimate**
UN(1,1)	ID	4.1467
Var(1)	ID	6.0863
Var(2)	ID	12.6486
Var(3)	ID	8.5389
ARH(1)	ID	0.6479

Fit Statistics	
-2 Res Log Likelihood	472.4
AIC (Smaller is Better)	482.4
AICC (Smaller is Better)	483.1
BIC (Smaller is Better)	489.5

Null Model Likelihood Ratio Test		
DF	**Chi-Square**	**Pr > ChiSq**
4	43.73	<.0001

Solution for Fixed Effects							
Effect	**Group**	**Sex**	**Estimate**	**Standard Error**	**DF**	**t Value**	**Pr > |t|**
Sex		0	8.1151	0.7566	57	10.73	<.0001
Sex		1	5.7625	0.9072	57	6.35	<.0001
Days*Group	0		0.01256	0.006706	57	1.87	0.0662
Days*Group	1		0.01584	0.006815	57	2.32	0.0237
Fatmass_cent			-0.1101	0.07779	57	-1.41	0.1626
Adiponectin_cent			0.000340	0.000214	57	1.59	0.1176

Type 3 Tests of Fixed Effects				
Effect	**Num DF**	**Den DF**	**F Value**	**Pr > F**
Sex	2	57	84.25	<.0001
Days*Group	2	57	4.17	0.0204
Fatmass_cent	1	57	2.00	0.1626
Adiponectin_cent	1	57	2.52	0.1176

The Mixed Procedure

Model Information	
Data Set	WORK.EXERCISE_D
Dependent Variable	GIRperkgFFMperinsulin
Covariance Structures	Unstructured, Ante-dependence
Subject Effects	ID, ID
Estimation Method	REML
Residual Variance Method	None
Fixed Effects SE Method	Model-Based
Degrees of Freedom Method	Containment

Class Level Information		
Class	**Levels**	**Values**
ID	31	1 10 11 19 21 22 23 24 25 27 29 31 4 40 41 42 43 47 49 53 55 56 6 62 63 64 65 66 7 8 9
Group	2	0 1
Sex	2	0 1

Dimensions	
Covariance Parameters	8
Columns in X	6
Columns in Z per Subject	2
Subjects	31
Max Obs per Subject	3

Number of Observations	
Number of Observations Read	93
Number of Observations Used	92
Number of Observations Not Used	1

Iteration History			
Iteration	**Evaluations**	**-2 Res Log Like**	**Criterion**
0	1	516.10980013	
1	2	472.08041527	5003.9236828
2	1	472.05244315	15.75583003
3	2	471.96665526	38.60238182
4	1	471.88781630	27.67179444
5	1	471.51766651	54.48619833
6	1	471.01138064	2922.4054929

The Mixed Procedure

Iteration History			
Iteration	Evaluations	-2 Res Log Like	Criterion
7	1	470.94825230	14.88680287
8	1	470.88282128	42.42241011
9	1	470.87487295	1.24965029
10	1	470.87482281	0.00003726
11	1	470.87482280	0.00000000

Convergence criteria met but final Hessian is not positive definite.

Estimated R Matrix for ID 1			
Row	Col1	Col2	Col3
1	4.1231	5.0859	1.1948
2	5.0859	9.4281	2.2149
3	1.1948	2.2149	4.1533

Estimated R Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.8157	0.2887
2	0.8157	1.0000	0.3540
3	0.2887	0.3540	1.0000

Estimated G Matrix				
Row	Effect	ID	Col1	Col2
1	Intercept	1	6.8051	-0.00804
2	Days	1	-0.00804	0.000287

Estimated G Correlation Matrix				
Row	Effect	ID	Col1	Col2
1	Intercept	1	1.0000	-0.1821
2	Days	1	-0.1821	1.0000

Estimated V Matrix for ID 1			
Row	Col1	Col2	Col3
1	10.9282	11.1428	7.2276
2	11.1428	17.2172	10.0598
3	7.2276	10.0598	12.0566

The Mixed Procedure

Estimated V Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.8123	0.6297
2	0.8123	1.0000	0.6982
3	0.6297	0.6982	1.0000

Covariance Parameter Estimates		
Cov Parm	Subject	Estimate
UN(1,1)	ID	6.8051
UN(2,1)	ID	-0.00804
UN(2,2)	ID	0.000287
Var(1)	ID	4.1231
Var(2)	ID	9.4281
Var(3)	ID	4.1533
Rho(1)	ID	0.8157
Rho(2)	ID	0.3540

Fit Statistics	
-2 Res Log Likelihood	470.9
AIC (Smaller is Better)	486.9
AICC (Smaller is Better)	488.7
BIC (Smaller is Better)	498.3

Null Model Likelihood Ratio Test		
DF	Chi-Square	Pr > ChiSq
7	45.23	<.0001

Solution for Fixed Effects							
Effect	Group	Sex	Estimate	Standard Error	DF	t Value	Pr > |t|
Sex		0	8.0375	0.7542	28	10.66	<.0001
Sex		1	5.6404	0.9070	28	6.22	<.0001
Days*Group	0		0.01312	0.005984	28	2.19	0.0368
Days*Group	1		0.01692	0.006163	28	2.75	0.0104
Fatmass_cent			-0.09971	0.07719	28	-1.29	0.2070
Adiponectin_cent			0.000318	0.000211	28	1.50	0.1436

The Mixed Procedure

Type 3 Tests of Fixed Effects				
Effect	**Num DF**	**Den DF**	**F Value**	**Pr > F**
Sex	2	28	82.78	<.0001
Days*Group	2	28	5.76	0.0080
Fatmass_cent	1	28	1.67	0.2070
Adiponectin_cent	1	28	2.26	0.1436

The Mixed Procedure

Model Information	
Data Set	WORK.EXERCISE_D
Dependent Variable	GIRperkgFFMperinsulin
Covariance Structures	Unstructured, Heterogeneous Compound Symmetry
Subject Effects	ID, ID
Estimation Method	REML
Residual Variance Method	None
Fixed Effects SE Method	Model-Based
Degrees of Freedom Method	Containment

Class Level Information		
Class	**Levels**	**Values**
ID	31	1 10 11 19 21 22 23 24 25 27 29 31 4 40 41 42 43 47 49 53 55 56 6 62 63 64 65 66 7 8 9
Group	2	0 1
Sex	2	0 1

Dimensions	
Covariance Parameters	7
Columns in X	6
Columns in Z per Subject	2
Subjects	31
Max Obs per Subject	3

Number of Observations	
Number of Observations Read	93
Number of Observations Used	92
Number of Observations Not Used	1

Iteration History			
Iteration	**Evaluations**	**-2 Res Log Like**	**Criterion**
0	1	516.10980013	
1	2	542.40919896	2.97111190
2	1	542.36136081	2.94583864
3	1	541.88523944	7.23533737
4	1	537.94226100	131055.16278
5	1	534.21741871	1133835.9563
6	1	530.42375764	307528.42290

The Mixed Procedure

Iteration History			
Iteration	Evaluations	-2 Res Log Like	Criterion
7	1	527.34524207	2104124.4284
8	2	523.11522489	442872.56469
9	3	512.76302333	.
10	1	512.68542607	155243627.57
11	1	512.68298846	32788686.869
12	1	512.64438358	10900984.732
13	1	512.52350768	3497657.0602
14	3	510.91655051	.
15	3	510.91647333	1143798.3037
16	1	508.39554003	85933.405401
17	3	501.20239625	.
18	1	501.19930115	8030.3175069
19	3	501.19915724	.
20	1	486.87515577	.
21	1	476.96727503	.
22	1	475.46756062	4693.7021109
23	1	474.70856472	62.58203543
24	2	474.61969691	1.45746877
25	1	474.61781558	0.00114609
26	1	474.61781450	0.00000000

Convergence criteria met but final Hessian is not positive definite.

Estimated R Matrix for ID 1			
Row	Col1	Col2	Col3
1			
2		6.1712	2.3020
3		2.3020	7.5919

Estimated R Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000		
2		1.0000	0.3363
3		0.3363	1.0000

The Mixed Procedure

Estimated G Matrix				
Row	Effect	ID	Col1	Col2
1	Intercept	1	10.9289	-0.01728
2	Days	1	-0.01728	0.000017

Estimated G Correlation Matrix				
Row	Effect	ID	Col1	Col2
1	Intercept	1	1.0000	-1.0000
2	Days	1	-1.0000	1.0000

Estimated V Matrix for ID 1			
Row	Col1	Col2	Col3
1	10.9289	9.3223	9.2705
2	9.3223	14.0306	10.1142
3	9.2705	10.1142	15.3571

Estimated V Correlation Matrix for ID 1			
Row	Col1	Col2	Col3
1	1.0000	0.7528	0.7156
2	0.7528	1.0000	0.6890
3	0.7156	0.6890	1.0000

Estimated G matrix is not positive definite.

Covariance Parameter Estimates		
Cov Parm	Subject	Estimate
UN(1,1)	ID	10.9289
UN(2,1)	ID	-0.01728
UN(2,2)	ID	0.000017
Var(1)	ID	0
Var(2)	ID	6.1712
Var(3)	ID	7.5919
CSH	ID	0.3363

The Mixed Procedure

Fit Statistics	
-2 Res Log Likelihood	474.6
AIC (Smaller is Better)	486.6
AICC (Smaller is Better)	487.7
BIC (Smaller is Better)	495.2

Null Model Likelihood Ratio Test		
DF	Chi-Square	Pr > ChiSq
5	41.49	<.0001

Solution for Fixed Effects							
Effect	Group	Sex	Estimate	Standard Error	DF	t Value	Pr > |t|
Sex		0	8.4906	0.8150	28	10.42	<.0001
Sex		1	6.2755	0.9741	28	6.44	<.0001
Days*Group	0		0.01193	0.005941	28	2.01	0.0544
Days*Group	1		0.01488	0.006134	28	2.43	0.0220
Fatmass_cent			-0.1403	0.08267	28	-1.70	0.1008
Adiponectin_cent			0.000263	0.000221	28	1.19	0.2446

Type 3 Tests of Fixed Effects				
Effect	Num DF	Den DF	F Value	Pr > F
Sex	2	28	80.50	<.0001
Days*Group	2	28	4.57	0.0192
Fatmass_cent	1	28	2.88	0.1008
Adiponectin_cent	1	28	1.41	0.2446