**Supplemental Digital Content 1. Timetable of examinations related to the laboratory visits in FITFATTWIN study.**

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| **VISIT I** |
| Before | Structured instructions for the study measurementsFour-day food diary, food-frequency questionnaire, questionnaire on eating habits Three-day heart rate monitoring |
| **Day 1** |
| 12:00 pm | Standardized interview to assess smoking habits, use of alcohol and dietary habits Questionnaires on work-related stress, sleeping habits, exercise habits, and exercise motivation |
| 1:00 pm | Resting electrocardiography and blood pressure |
| 1:20 pm | Standardized clinical medical examination with assessment of medications |
| 2:00 pm | Maximal bicycle ergometer exercise test with direct gas analysis (spiroergometry) |
| 7:00 pm | MR imaging of brain (for volumetry), abdomen (for visceral and liver fat), and thigh (for fat and muscle composition) |
| 10:00 pm | Beginning of overnight fast  |
| **Day 2** |
| 7:00 am | Anthropometric measurement (height, weight, waist and hip circumference) and assessment of body composition using bioelectrical impedance and DEXA |
| 8:30 am | Basal metabolic rate monitoring and blood pressure |
| 8:00 am | Fasting serum, plasma, and whole blood (DNA, RNA) samples |
| 8:00–10:00 am | Oral glucose tolerance test Standardized physical activity history interview |
| 10:50 am  | Vertical jump, maximal isometric left knee extensor strength, and left and right hand grip strength measurements |
| 13:15 pm | Neuropsychological tests to study cognitive functions, depression, dexterity, and depressionEEG |
| **VISIT II** |
| Before | Structured instruction of exercise before/after biopsyOvernight fast |
| **Day 3** |
| 8–10 am | Muscle and subcutaneous adipose tissue biopsies for histological, biochemical, and gene expression studies |