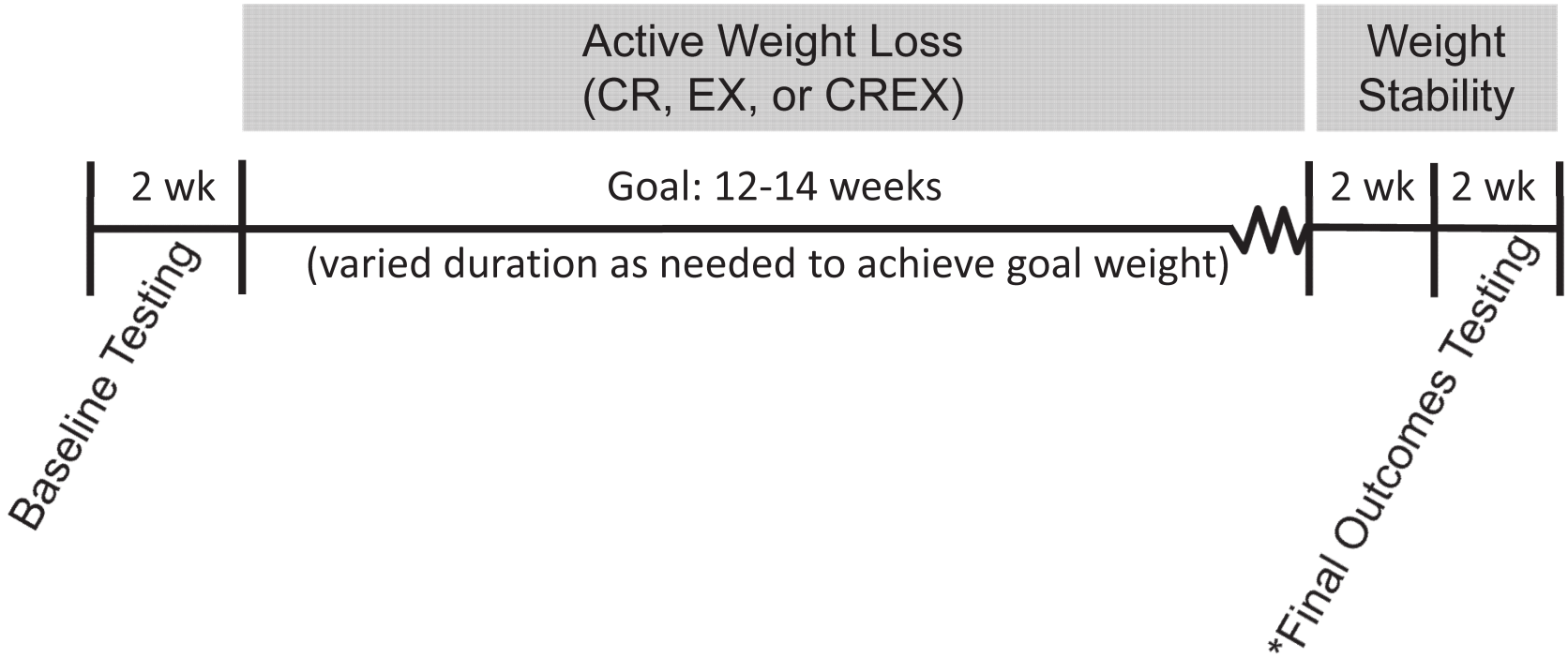

Supplemental Digital Content 1. Study timeline for the weight loss interventions, weight stabilization, and outcomes testing. *Final outcomes tests were performed after at least 2 weeks of weight stability, with the exception of intervention compliance tests, which were performed during the last 1 or 2 weeks of active weight loss.