**Supplemental Digital Content - Table 2.** Changes in markers of health-related fitness (12 weeks to 24 weeks) in the lower and higher intensity PA groups compared to control in the BC-PAL pilot study, Calgary, Alberta, Canada, 2017-2018.

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Outcome measure** | **12 weeks**  M (SD) | **24 weeks**  M (SD) | **Adjusted Mean Change** a  M (95% CI) | *P* value b | *P* value c | **LS Adjusted Group Differences a**  M (95% CI) | *P* value d |
| Body mass index (kg/m2)  Control (n = 12)  Lower intensity PA (n = 14)  Higher intensity PA (n = 13) | 25.7 (3.9)  28.5 (5.1)  30.4 (7.3) | 25.9 (3.8)  28.2 (4.9)  30.5 (7.6) | 0.1 (-0.5, 0.7)  -0.3 (-0.8, 0.2)  0.2 (-0.4, 0.7) | 0.79  0.22  0.54 | 0.38 | -0.4 (-1.2, 0.4)  0.1 (-0.7, 0.9) | 0.31  0.82 |
| Waist circumference (cm)  Control (n = 12)  Lower intensity PA (n = 14)  Higher intensity PA (n = 13) | 85.9 (7.6)  91.8 (12.4)  96.9 (15.7) | 85.5 (6.6)  92.4 (12.2)  97.3 (15.4) | -0.8 (-2.9, 1.3)  0.6 (-1.2, 2.5)  0.8 (-1.2, 2.8) | 0.45  0.50  0.44 | 0.51 | 1.4 (-1.4, 4.2)  1.6 (-1.4, 4.5) | 0.31  0.30 |
| Hip circumference (cm)  Control (n = 12)  Lower intensity PA (n = 14)  Higher intensity PA (n = 13) | 101.4 (10.6)  107.4 (12.7)  112.9 (14.8) | 101.6 (10.4)  106.8 (12.5)  113.1 (14.8) | 0.04 (-1.2, 1.3)  -0.6 (-1.8, 0.5)  0.4 (-0.8, 1.5) | 0.95  0.25  0.56 | 0.45 | -0.7 (-2.3, 1.0)  0.3 (-1.5, 2.1) | 0.42  0.73 |
| Body fat mass (kg)  Control (n = 12)  Lower intensity PA (n = 13)  Higher intensity PA (n = 13) | 28.2 (8.2)  33.6 (11.5)  37.9 (12.7) | 28.6 (8.3)  33.2 (11.4)  38.8 (12.8) | 0.4 (-0.5, 1.3)  -0.4 (-1.2, 0.5)  0.9 (0.1, 1.7) | 0.33  0.37  **0.04** | 0.10 | -0.8 (-2.0, 0.4)  0.5 (-0.8, 1.7) | 0.19  0.45 |
| Body lean mass (kg)  Control (n = 12)  Lower intensity PA (n = 13)  Higher intensity PA (n = 13) | 32.5 (2.7)  37.9 (4.8)  41.4 (6.2) | 32.5 (2.9)  37.8 (4.4)  41.2 (6.5) | -0.03 (-0.7, 0.6)  -0.1 (-0.7, 0.4)  -0.2 (-0.8, 0.4) | 0.91  0.65  0.43 | 0.91 | -0.1 (-0.9, 0.8)  -0.2 (-1.2, 0.8) | 0.84  0.68 |
| Cardio-respiratory fitness/VO2max (ml/kg/min)  Control (n = 11)  Lower intensity PA (n = 13)  Higher intensity PA (n = 12) | 16.6 (5.6)  24.5 (7.4)  22.4 (7.2) | 18.0 (5.1)  23.9 (8.0)  20.4 (7.6) | 0.8 (-1.7, 3.4)  -0.2 (-2.5, 2.0)  -1.8 (-4.1, 0.4) | 0.52  0.84  0.11 | 0.29 | -1.0 (-4.6, 2.5)  -2.7 (-6.1, 0.8) | 0.56  0.13 |

**Note:** CI, confidence interval; cm, centimeter; kg, kilogram; LS, least-squares; M, mean; min, minute; ml, milliliter; PA, physical activity; SD, standard deviation.

a Within-group mean changes and least squares groups differences are calculated based on the generalized linear model: Change (24 weeks – 12 weeks) = β0 + β1 x group (lower) + β2 x group (higher) + β3 x outcome variable at 12-weeks.

b *P* value for the test of significance for the null hypothesis that the 12-week-adjusted mean change in the outcome variable across time equals 0.

c *P* value for the test of significance for the null hypothesis that the 12-week-adjusted group means in the control, lower and higher intensity PA groups are all equal.

d *P* values for the tests of significance for the null hypothesis that the LS group differences between the control and lower intensity PA group, and the control and higher intensity PA group, equal 0.