Supplementary Table 3. Daily ambulation (steps per day) and intensity of walking activity. Values are means ± SD.

 CONT CNCRT ECCRT

 (n=29) (n=27) (n=27) time group group Partial

 × time  2

Average daily ambulation (steps)

Baseline 4956 ± 2063 3417 ± 1178 4486 ± 1466

 Month 4 4861 ± 1668 3496 ± 1308 4479 ± 1138 0.697 0.003 0.977 0.001

 Change -128 ± 2046 -73 ± 773 -7 ± 1159

High intensity walking (min)

Baseline 15.6 ± 12.4 9.0 ± 9.1 16.6 ± 12.4

 Month 4 14.7 ± 10.9 8.5 ± 8.3 16.61 ± 10.2 0.117 0.138 0.924 0.003

 Change -0.8 ± 8.0 -0.5 ± 5.4 -0.04 ± 8.3

Moderate intensity walking (min)

Baseline 113.2 ± 52.8 77.6 ± 30.3 99.3 ± 32.1

 Month 4 112.3 ± 45.0 74.7 ± 27.7 97.9 ± 30.0 0.978 0.004 0.978 0.001

 Change -1.5 ± 50.9 -2.9 ± 20.2 -1.4 ± 26.2

Low intensity walking (min)

 Baseline 207.9 ± 65.5 179.9 ± 49.0 205.0 ± 67.1

 Month 4 214.6 ± 64.0 179.3 ± 56.1 92.2 ± 59.7 0.447 0.286 0.368 0.033

 Change 2.3 ± 55.2 -0.5 ± 35.5 -12.8 ± 39.3

Sedentary time (min)

 Baseline 1035.0 ± 97.7 1088.8 ± 104.6 1067.2 ± 104.9

 Month 4 1051.4 ± 98.7 1124.3 ± 98.7 1077.7 ± 92.8 0.697 0.102 0.837 0.006

 24.1 ± 104.9 35.5 ± 86.8 10.5 ± 111.1

CON = wait-list, non-exercise control; CNCRT = concentric resistance exercise training; ECCRT = eccentric resistance exercise training