**Effect of a Three-year Lifestyle Intervention in patients with Chronic Kidney Disease: A Randomized Controlled Trial**

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**Supplemental File 1**

**Results**

Table S1. Reported weekly minutes of physical activity

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Baseline** | **6m** | **12m** | **18 m** | **24 m** | **30 m** | **36m** |
| Walking, mins | |  |  |  |  |  |  |
| LI Group | 85 (56-114) | 127 (100-154) | 100(68-132) | 155(95-215) | 112(87-152) | 148 (99-197) | 145(87-203) |
| UC Group | 118(75-161) | 85(56-113) | 92(60-124) | 95(54-137) | 86(42-129) | 66(37-95) | 95(46-144) |
| Vigorous, mins | |  |  |  |  |  |  |
| LI Group | 16(5-27) | 53(31-75) | 28(13-43) | 21(7-35) | 32(10-54) | 45(7-82) | 31(4-58) |
| UC Group | 10(4-15) | 16 (0-32) | 28(-1-58) | 23(1-44) | 11(-1-23) | 13(-5-31) | 21(3-39) |
| Moderate , mins | | | | | | | |
| LI Group | 19 (7-31) | 75 (29-120) | 56(34-77) | 32(19-45) | 49(20-78) | 60(23-97) | 80(20-140) |
| UC Group | 60(24-96) | 40(13-68) | 37(9-64) | 59(18-100) | 20(-1-40) | 15(-4-33) | 32(0-64) |

Values are mean (95% confidence intervals).