

Table S2. Primary and secondary clinical outcomes at baseline, sixth and twelfth weeks

| Outcome measures | Baseline (n=30) | Follow-up 6th week (n=11) | Final evaluation 12th week (n=21) |
|---|--------------------|---------------------------------|---|
| Primary | | | |
| Physical Activity (MET-min/week) ¹ | | | |
| Walking | 1386 (2541.0) | 1097.3 (1270.5) | 2079 (3234) |
| Moderate Intensity | 1305 (2430.0) | 900 (1140.0) | 2520 (3520) |
| Vigorous Intensity | 0 0 | 1440 (2400) | 0 (960) |
| Sitting time (hours/day) ¹ | 3 (3) | 4 (2) | 3 (3.3) |
| Six minutes' walk test ¹ | | | |
| BR _{diff} | 4 (4) | 4 (2) | 4 (4) |
| HR _{diff} | 21 (24) | 26.5 (21) | 3 (14) |
| SBP _{diff} | 10 (13) | 8 (12) | 10 (10) |
| DBP _{diff} | 0 (12) | 2 (10) | 0 (4) |
| Borg Scale _{diff} ¹ | | | |
| Dyspnea | 2 (3) | 2 (2) | 4 (4) |
| Fatigue | 2 (3) | 2 (3) | 4 (4) |
| Walk Distance (m) | 378.9 (59.8) | 358.8 (52.4) | 329.9 (87.4) |
| Secondary | | | |
| Body weight (Kg) | 85.1 (12.9) | 81.3 (12.3) | 86.2 (13.0) |
| BMI (Kg/cm ²) | 33.4 (3.4) | 33.6 (3.0) | 33.9 (3.1) |
| Waist circumference (cm) | 104.2 (9.7) | 100.5 (9.8) | 103.5 (10.1) |
| Heart rate | 74.7 (9.5) | 74 (7.8) | 75.9 (8.7) |
| Blood pressure (mmHg) | | | |
| SBP | 108.1 (8.9) | 105.8 (8.6) | 110.2 (7.4) |
| DBP | 65.9 (8.2) | 61.9 (10.5) | 71.2 (7.4) |
| Quality of Life | | | |
| Physical fitness | 3 (1.0) | 2.6 (0.7) | 2.9 (0.9) |
| Feelings | 2.7 (1.4) | 3.2 (1.3) | 3 (1.3) |
| Daily activities | 1.7 (0.9) | 1.8 (1.2) | 2 (1.1) |
| Social activities | 1.5 (1.0) | 2.1 (1.7) | 2 (1.4) |
| Change in health | 2.7 (0.8) | 2.4 (0.8) | 2.7 (1.2) |
| Overall health | 3.6 (0.8) | 3.4 (1.0) | 3.3 (1.1) |

Note: DBP, diastolic blood pressure (mmHg); SBP, systolic blood pressure (mmHg); BR, breathing rate (breaths per minute), HR, heart rate (beats per minute)

¹ Medians and interquartile range are shown