

Table S3. Changes in primary and secondary clinical outcomes sixth and twelfth weeks compared with the baseline in a crude model

Outcome measure	Crude Model			
	Follow-up (6th week)		Final evaluation (12th week)	
	Coef. (IC 95%)	p-value*	Coef. (IC 95%)	p-value ¹
Primary				
Physical Activity (MET-min/week)				
Walking	-505.2 (-1566.3 - 556.0)	0.351	813.2 (-137.0 - 1763.5)	0.093
Moderate Intensity	-619.1 (-1491.3 - 253.1)	0.164	892.3 (-10.2 - 1794.9)	0.053
Vigorous Intensity	2290.7 (278.5 - 4302.9)	0.026	790.8 (-250.8 - 1832.5)	0.137
Sitting time (hours/day)	-0.2 (-1.2 - 0.76)	0.664	0.1 (-1.4 -1.7)	0.877
Six minutes' walk test				
BR diff	-1.6 (-3.1 - -0.2)	0.029	-1.1 (-3.1 - 0.8)	0.253
HR diff	-6.4 (-15.5 - 2.7)	0.17	-21.4 (-29.9 - -12.9)	0.001
SBP diff	-2.6 (-7.9 - 2.7)	0.332	-0.4 (-7.0 - 6.1)	0.898
DBP diff	1.9 (-3.9 - 7.7)	0.527	-3.9 (-8.4 - 0.6)	0.092
Borg Scale diff				
Dyspnea	-0.5 (-1.8 - 0.8)	0.46	1.3 (-0.8 - 3.4)	0.228
Fatigue	0.1 (-1.6 - 1.9)	0.877	1.5 (-0.2 - 3.3)	0.084
Walk Distance (m)	-19.5 (-57.8 - 18.9)	0.319	-48.4 (-90.5 - -6.4)	0.024
Secondary				
Body weight (Kg)	0.2 (-0.6 - 1.1)	0.572	-0.2 (-1.4 - 0.9)	0.689
BMI (Kg/cm2)	0.1 (-0.2 - 0.5)	0.396	-0.1 (-0.6 - 0.5)	0.699
Waist circumference (cm)	-1.1 (-2.8 - 0.6)	0.205	-1.6 (-3.2 - 0.03)	0.055
Heart rate	0.9 (-4.1 - 6.0)	0.713	0.4 (-3.4 - 4.3)	0.817
Blood pressure (mmHg)				
SBP	-0.6 (-4.8 - 3.5)	0.761	0.5 (-3.0 - 4.0)	0.760
DBP	-3.9 (-10.4 - 2.5)	0.234	5.0 (1.6 - 8.4)	0.004
Quality of Life				
Physical fitness	-0.2 (-0.5 - 0.4)	0.335	-0.04 (-0.5 - 0.4)	0.859
Feelings	0.6 (0.03 - 1.2)	0.04	0.3 (-0.3 - 0.9)	0.339
Daily activities	0.1 (-0.5 - 0.7)	0.735	0.3 (-0.2 - 0.9)	0.206
Social activities	0.6 (-0.1 - 1.3)	0.114	0.4 (-0.2 - 0.9)	0.212
Change in health	-0.5 (-1.0 - 0.6)	0.081	0.1 (-0.5 - 0.6)	0.858
Overall health	-0.2 (-0.8 - 0.3)	0.446	-0.3 (-0.8 - 0.2)	0.209

¹ p-value = 0.025 using Bonferroni correction