

Table S1. Descriptive statistics for physical activity behavior (Fitbit Charge 3™) (ITT analysis, $n = 189$).

Group	t0 (0 months)	t1 (3 months)	t2 (9 months)	t3 (15 months)
Daily step count (steps/day)				
Intervention	10,298.98 ± 3275.36	10,408.19 ± 2926.62	10,755.86 ± 2884.27	10,342.08 ± 2726.89
Control	10,110.05 ± 2934.87	10,380.37 ± 3345.13	10,278.82 ± 3091.26	10,425.40 ± 3059.40
Sedentary behavior (min/day)				
Intervention	849.96 ± 203.63	807.93 ± 207.69	802.23 ± 178.30	831.00 ± 178.49
Control	820.93 ± 172.93	808.71 ± 225.12	825.55 ± 176.66	792.49 ± 164.76
Light intensity physical activity (min/week)				
Intervention	1928.94 ± 529.11	1976.09 ± 461.52	1964.52 ± 463.49	1907.21 ± 443.50
Control	1857.32 ± 394.10	1959.54 ± 413.05	1862.30 ± 370.63	1886.68 ± 332.07
Moderate intensity physical activity (min/week)				
Intervention	162.93 ± 135.31	152.52 ± 76.30	157.70 ± 81.57	169.98 ± 91.68
Control	174.50 ± 108.09	158.67 ± 86.47	171.39 ± 166.54	178.41 ± 121.56
Vigorous intensity physical activity (min/week)				
Intervention	179.44 ± 115.91	173.50 ± 85.94	190.22 ± 102.79	187.45 ± 71.59
Control	204.04 ± 136.16	192.11 ± 151.15	207.65 ± 154.89	194.84 ± 129.13
Total physical activity (min/week)				
Intervention	2276.06 ± 572.77	2315.62 ± 503.16	2315.72 ± 519.43	2259.61 ± 511.09
Control	2229.46 ± 423.58	2311.92 ± 480.27	2247.68 ± 488.40	2257.68 ± 423.92

Data are presented as mean ± SD. Intervention: $n = 104$, control: $n = 85$. ITT: intention-to-treat.

Table S2. Effect sizes for physical activity behavior (Fitbit Charge 3™) (ITT analysis, $n = 189$).

Group	t0-t1 (0-3 months)	t0-t2 (0-9 months)	t0-t3 (0-15 months)
Daily step count (steps/day)			
Intervention	0.04 [-0.24, 0.31]	0.15 [-0.12, 0.42]	0.01 [-0.26, 0.29]
Control	0.09 [-0.22, 0.39]	0.06 [-0.25, 0.36]	0.11 [-0.20, 0.41]
Sedentary behavior (min/day)			
Intervention	-0.20 [-0.48, 0.07]	-0.25 [-0.52, 0.02]	-0.10 [-0.37, 0.17]
Control	-0.06 [-0.36, 0.24]	0.03 [-0.27, 0.33]	-0.17 [-0.47, 0.13]
Light intensity physical activity (min/week)			
Intervention	0.10 [-0.18, 0.37]	0.07 [-0.20, 0.34]	-0.05 [-0.32, 0.23]
Control	0.25 [-0.05, 0.56]	0.01 [-0.29, 0.31]	0.08 [-0.22, 0.38]
Moderate intensity physical activity (min/week)			
Intervention	-0.10 [-0.37, 0.18]	-0.05 [-0.32, 0.23]	0.06 [-0.21, 0.33]
Control	-0.16 [-0.46, 0.14]	-0.02 [-0.32, 0.28]	0.03 [-0.77, 0.34]
Vigorous intensity physical activity (min/week)			
Intervention	-0.06 [-0.33, 0.21]	0.10 [-0.17, 0.37]	0.08 [-0.19, 0.36]
Control	-0.08 [-0.38, 0.22]	0.03 [-0.28, 0.33]	-0.07 [-0.37, 0.23]
Total physical activity (min/week)			
Intervention	0.07 [-0.20, 0.35]	0.07 [-0.20, 0.34]	-0.03 [-0.30, 0.24]
Control	0.18 [-0.12, 0.48]	0.04 [-0.26, 0.34]	0.07 [-0.23, 0.37]

Data are presented as Cohen's d [\pm 95% CI]. Interpretation: $|d| = 0.2$: small effect, $|d| = 0.5$: medium effect, $|d| = 0.8$: large effect. Intervention: $n = 104$, control: $n = 85$. ITT: intention-to-treat.

Table S3. Results of robust linear mixed models for physical activity behavior (Fitbit Charge 3™) (ITT analysis, $n = 189$).

Predictors	Daily step count (steps/day)		Sedentary behavior (min/day)		Light intensity physical activity (min/week)		Moderate intensity physical activity (min/week)		Vigorous intensity physical activity (min/week)		Total physical activity (min/week)	
	Estimate	<i>p</i> -value	Estimate	<i>p</i> -value	Estimate	<i>p</i> -value	Estimate	<i>p</i> -value	Estimate	<i>p</i> -value	Estimate	<i>p</i> -value
(Intercept)	10,308.11 ± 703.31	< 0.001*	873.06 ± 51.00	< 0.001*	1950.97 ± 111.57	< 0.001*	129.53 ± 20.01	< 0.001*	150.04 ± 23.94	< 0.001*	2268.19 ± 120.41	< 0.001*
Time												
t0-t1 (0-3 months)	51.16 ± 846.64	0.952	-85.80 ± 62.18	0.168	3.28 ± 133.31	0.980	5.85 ± 26.87	0.828	14.99 ± 31.46	0.634	2.27 ± 160.99	0.989
t0-t2 (0-9 months)	809.27 ± 925.04	0.382	-110.33 ± 61.43	0.073	64.32 ± 145.07	0.658	14.65 ± 31.63	0.644	19.69 ± 33.71	0.559	82.87 ± 149.24	0.579
t0-t3 (0-15 months)	-19.38 ± 856.73	0.982	-12.76 ± 61.34	0.835	-34.85 ± 134.49	0.796	23.36 ± 27.07	0.388	30.66 ± 32.31	0.343	-6.16 ± 139.32	0.965
Group (control)	-200.82 ± 459.09	0.662	-29.19 ± 33.44	0.383	-59.06 ± 72.66	0.417	14.70 ± 13.14	0.264	17.50 ± 15.66	0.264	-29.90 ± 78.20	0.702
Time*group (control)												
t0-t1 (0-3 months)	92.37 ± 555.99	0.868	35.24 ± 40.09	0.380	56.91 ± 86.31	0.510	-9.11 ± 17.55	0.604	-16.19 ± 20.46	0.429	40.28 ± 100.47	0.689
t0-t2 (0-9 months)	-344.20 ± 604.98	0.570	57.54 ± 39.79	0.149	-21.95 ± 88.75	0.805	-11.71 ± 20.68	0.572	-12.71 ± 22.11	0.566	-35.47 ± 94.96	0.709
t0-t3 (0-15 months)	124.00 ± 566.13	0.827	-9.26 ± 40.49	0.819	34.57 ± 80.29	0.667	-14.62 ± 18.50	0.430	-20.08 ± 21.07	0.341	16.17 ± 91.33	0.860

Data are presented as regression coefficient ± SE. Statistical significance ($p < 0.05$) is indicated (*). Intervention: $n = 104$, control: $n = 85$. ITT: intention-to-treat.

Table S4. Descriptive statistics for physical activity behavior (IPAQ-L) (ITT analysis, $n = 189$).

Group	t0 (0 months)	t1 (3 months)	t2 (9 months)	t3 (15 months)
Sedentary behavior (min/day)				
Intervention	443.36 ± 167.62	439.58 ± 147.93	449.02 ± 109.20	458.46 ± 120.93
Control	471.44 ± 169.04	437.08 ± 163.50	465.31 ± 144.62	488.96 ± 128.98
Light intensity physical activity (min/week)				
Intervention	325.02 ± 537.38	390.68 ± 442.65	381.71 ± 315.26	320.47 ± 326.88
Control	253.89 ± 372.51	346.01 ± 400.61	344.68 ± 338.39	283.21 ± 190.10
Moderate intensity physical activity (min/week)				
Intervention	434.58 ± 483.85	651.80 ± 627.46	613.69 ± 500.82	569.41 ± 412.08
Control	421.54 ± 481.48	666.34 ± 765.83	562.33 ± 511.38	563.56 ± 489.46
Vigorous intensity physical activity (min/week)				
Intervention	25.74 ± 129.73	127.80 ± 248.09	131.73 ± 294.81	77.23 ± 104.61
Control	35.94 ± 147.92	120.28 ± 240.23	102.65 ± 218.47	62.15 ± 71.49
Total physical activity (min/week)				
Intervention	785.34 ± 823.80	1196.30 ± 957.27	1121.94 ± 808.06	1020.21 ± 620.47
Control	711.38 ± 771.52	1145.70 ± 1049.06	986.51 ± 799.02	931.66 ± 594.69

Data are presented as mean ± SD. Intervention: $n = 104$, control: $n = 85$. ITT: intention-to-treat; IPAQ-L: International Physical Activity Questionnaire (long version).

Table S5. Effect sizes for physical activity behavior (IPAQ-L) (ITT analysis, $n = 189$).

Group	t0-t1 (0-3 months)	t0-t2 (0-9 months)	t0-t3 (0-15 months)
Sedentary behavior (min/day)			
Intervention	-0.02 [-0.30, 0.25]	0.04 [-0.23, 0.31]	0.10 [-0.17, 0.37]
Control	-0.21 [-0.51, 0.10]	-0.04 [-0.34, 0.26]	0.12 [-0.19, 0.412]
Light intensity physical activity (min/week)			
Intervention	0.13 [-0.14, 0.41]	0.13 [-0.14, 0.40]	-0.01 [-0.28, 0.26]
Control	0.24 [-0.06, 0.54]	0.26 [-0.05, 0.56]	0.10 [-0.20, 0.40]
Moderate intensity physical activity (min/week)			
Intervention	0.39 [0.11, 0.66]	0.36 [0.09, 0.64]	0.30 [0.03, 0.57]
Control	0.38 [0.08, 0.69]	0.28 [-0.02, 0.59]	0.29 [-0.01, 0.59]
Vigorous intensity physical activity (min/week)			
Intervention	0.52 [0.24, 0.79]	0.47 [0.19, 0.74]	0.44 [0.16, 0.71]
Control	0.42 [0.12, 0.73]	0.36 [0.05, 0.66]	0.23 [-0.08, 0.53]
Total physical activity (min/week)			
Intervention	0.46 [0.18, 0.74]	0.41 [0.14, 0.69]	0.32 [0.05, 0.60]
Control	0.47 [0.17, 0.78]	0.35 [0.05, 0.65]	0.32 [0.02, 0.62]

Data are presented as Cohen's d [\pm 95% CI]. Interpretation: $|d| = 0.2$: small effect, $|d| = 0.5$: medium effect, $|d| = 0.8$: large effect. Intervention: $n = 104$, control: $n = 85$. ITT: intention-to-treat; IPAQ-L: International Physical Activity Questionnaire (long version).

Table S6. Results of robust linear mixed models for physical activity behavior (IPAQ-L) (ITT analysis, $n = 189$).

Predictors	Sedentary behavior (min/day)		Light intensity physical activity (min/week)		Moderate intensity physical activity (min/week)		Vigorous intensity physical activity (min/week)		Total physical activity (min/week)	
	Estimate	<i>p</i> -value	Estimate	<i>p</i> -value	Estimate	<i>p</i> -value	Estimate	<i>p</i> -value	Estimate	<i>p</i> -value
(Intercept)	405.51 ± 35.71	< 0.001*	234.66 ± 49.37	< 0.001*	371.48 ± 85.27	< 0.001*	2.06 ± 13.92	0.882	692.17 ± 137.29	< 0.001*
Time										
t0-t1 (0-3 months)	33.22 ± 39.85	0.405	66.83 ± 68.19	0.328	142.20 ± 105.37	0.178	81.86 ± 20.04	< 0.001*	288.73 ± 176.23	0.102
t0-t2 (0-9 months)	26.59 ± 40.89	0.516	111.71 ± 66.76	0.095	184.21 ± 104.97	0.080	59.76 ± 22.37	0.008*	335.26 ± 194.05	0.085
t0-t3 (0-15 months)	21.41 ± 38.84	0.582	-2.55 ± 70.86	0.971	100.95 ± 113.47	0.374	40.16 ± 20.98	0.056	186.58 ± 183.27	0.309
Group (control)	31.86 ± 23.26	0.171	-20.11 ± 32.20	0.532	-19.15 ± 55.71	0.731	7.85 ± 9.08	0.387	-50.72 ± 89.08	0.569
Time*group (control)										
t0-t1 (0-3 months)	-32.63 ± 25.85	0.207	6.13 ± 43.81	0.889	-0.01 ± 68.62	1.000	-23.19 ± 13.49	0.086	26.91 ± 112.08	0.810
t0-t2 (0-9 months)	-16.90 ± 28.42	0.552	-25.35 ± 42.55	0.551	-41.97 ± 67.48	0.534	-16.95 ± 14.21	0.233	-49.85 ± 124.87	0.690
t0-t3 (0-15 months)	0.062 ± 25.71	0.998	27.31 ± 44.17	0.537	-0.31 ± 71.43	0.996	-8.23 ± 13.61	0.546	10.97 ± 122.20	0.929

Data are presented as regression coefficient ± SE. Statistical significance ($p < 0.05$) is indicated (*). Intervention: $n = 104$, control: $n = 85$. ITT: intention-to-treat; IPAQ-L: International Physical Activity Questionnaire (long version).

Table S7. Descriptive statistics for dietary behavior (ITT analysis, $n = 189$).

Group	t0 (0 months)	t1 (3 months)	t2 (9 months)	t3 (15 months)
Energy intake (kcal/day)				
Intervention	1941.23 \pm 599.36	1833.72 \pm 503.54	1887.85 \pm 421.60	1859.62 \pm 364.42
Control	2001.47 \pm 548.75	1887.95 \pm 479.22	1859.15 \pm 390.06	1857.71 \pm 378.19
Protein intake (g/day)				
Intervention	71.58 \pm 20.93	63.99 \pm 16.29	71.62 \pm 16.49	68.53 \pm 13.96
Control	70.63 \pm 20.51	66.13 \pm 16.57	66.96 \pm 16.78	69.55 \pm 15.66
Fat intake (g/day)				
Intervention	75.95 \pm 30.60	71.11 \pm 24.24	75.05 \pm 18.80	73.81 \pm 20.61
Control	79.74 \pm 28.98	77.30 \pm 26.21	75.84 \pm 21.56	74.91 \pm 19.05
Carbohydrate intake (g/day)				
Intervention	212.84 \pm 71.64	205.46 \pm 59.35	201.91 \pm 53.18	202.24 \pm 45.65
Control	217.65 \pm 65.82	204.14 \pm 54.34	196.03 \pm 42.35	201.82 \pm 47.97
Alcohol intake (g/day)				
Intervention	9.30 \pm 13.84	8.86 \pm 13.20	6.86 \pm 10.63	10.47 \pm 10.32
Control	9.42 \pm 11.79	8.79 \pm 11.93	8.34 \pm 8.12	7.70 \pm 6.41
Fiber intake (g/day)				
Intervention	22.73 \pm 8.88	20.09 \pm 6.22	20.21 \pm 5.36	20.27 \pm 5.17
Control	22.29 \pm 8.75	20.61 \pm 6.73	20.32 \pm 6.57	21.10 \pm 6.07
HEI-NVS (score)				
Intervention	77.53 \pm 8.92	75.49 \pm 8.80	75.80 \pm 8.10	75.14 \pm 8.18
Control	76.59 \pm 9.53	75.84 \pm 8.43	75.67 \pm 8.94	76.83 \pm 7.22

Data are presented as mean \pm SD. Intervention: $n = 104$, control: $n = 85$. ITT: intention-to-treat; HEI-NVS: Healthy Eating Index of the German National Nutrition Survey.

Table S8. Effect sizes for dietary behavior (ITT analysis, $n = 189$).

Group	t0-t1 (0-3 months)	t0-t2 (0-9 months)	t0-t3 (0-15 months)
Energy intake (kcal/day)			
Intervention	-0.19 [-0.47, 0.08]	-0.10 [-0.38, 0.17]	-0.17 [-0.44, 0.11]
Control	-0.22 [-0.52, 0.08]	-0.30 [-0.60, 0.00]	-0.31 [-0.61, -0.00]
Protein intake (g/day)			
Intervention	-0.41 [-0.68, -0.13]	0.00 [-0.27, 0.27]	-0.17 [-0.44, 0.10]
Control	-0.24 [-0.54, 0.06]	-0.20 [-0.50, 0.11]	-0.06 [-0.36, 0.24]
Fat intake (g/day)			
Intervention	-0.18 [-0.45, 0.10]	-0.04 [-0.31, 0.24]	-0.08 [-0.35, 0.19]
Control	-0.09 [-0.39, 0.21]	-0.15 [-0.45, 0.15]	-0.12 [-0.50, 0.11]
Carbohydrate intake (g/day)			
Intervention	-0.11 [-0.38, 0.16]	-0.17 [-0.45, 0.10]	-0.18 [-0.45, 0.10]
Control	-0.22 [-0.53, 0.08]	-0.39 [-0.69, -0.09]	-0.28 [-0.58, 0.03]
Alcohol intake (g/day)			
Intervention	-0.03 [-0.31, 0.24]	-0.20 [-0.47, 0.08]	0.10 [-0.18, 0.37]
Control	-0.05 [-0.35, 0.25]	-0.11 [-0.41, 0.20]	-0.18 [-0.48, 0.12]
Fiber intake (g/day)			
Intervention	-0.34 [-0.62, -0.07]	-0.34 [-0.62, -0.07]	-0.34 [-0.61, -0.06]
Control	-0.22 [-0.52, 0.09]	-0.26 [-0.56, 0.05]	-0.16 [-0.46, 0.14]
HEI-NVS (score)			
Intervention	-0.23 [-0.50, 0.04]	-0.20 [-0.48, 0.07]	-0.28 [-0.55, -0.01]
Control	-0.08 [-0.38, 0.22]	-0.10 [-0.40, 0.20]	0.03 [-0.27, 0.33]

Data are presented as Cohen's d [\pm 95% CI]. Interpretation: $|d| = 0.2$: small effect, $|d| = 0.5$: medium effect, $|d| = 0.8$: large effect. Intervention: $n = 104$, control: $n = 85$. ITT: intention-to-treat; HEI-NVS: Healthy Eating Index of the German National Nutrition Survey.

Table S9. Results of robust linear mixed models for dietary behavior (ITT analysis, $n = 189$).

Predictors	Energy intake (kcal/day)		Protein intake (g/day)		Fat intake (g/day)		Carbohydrate intake (g/day)		Alcohol intake (g/day)		Fiber intake (g/day)		HEI-NVS (score)	
	Estimate	<i>p</i> -value	Estimate	<i>p</i> -value	Estimate	<i>p</i> -value	Estimate	<i>p</i> -value	Estimate	<i>p</i> -value	Estimate	<i>p</i> -value	Estimate	<i>p</i> -value
(Intercept)	1790.72 ± 115.87	< 0.001*	70.91 ± 3.99	< 0.001*	66.32 ± 5.73	< 0.001*	203.80 ± 13.69	< 0.001*	6.43 ± 1.54	< 0.001*	22.32 ± 1.60	< 0.001*	79.21 ± 2.07	< 0.001*
Time														
t0-t1 (0-3 months)	-30.55 ± 137.24	0.824	-9.27 ± 4.94	0.061	-2.72 ± 7.04	0.700	0.23 ± 15.81	0.988	-1.19 ± 1.74	0.493	-2.93 ± 1.84	0.112	-3.33 ± 2.63	0.207
t0-t2 (0-9 months)	92.21 ± 143.62	0.521	2.93 ± 5.48	0.593	6.58 ± 7.00	0.349	0.18 ± 15.62	0.991	-3.74 ± 1.81	0.039*	-2.23 ± 1.90	0.241	-2.50 ± 2.61	0.338
t0-t3 (0-15 months)	41.34 ± 156.02	0.791	-5.13 ± 6.05	0.397	4.34 ± 8.26	0.600	0.31 ± 17.17	0.986	2.15 ± 2.12	0.312	-3.17 ± 1.95	0.104	-4.51 ± 2.74	0.100
Group (control)	103.24 ± 75.50	0.172	-0.61 ± 2.61	0.813	6.01 ± 3.75	0.110	5.80 ± 8.99	0.519	0.43 ± 1.01	0.666	-0.49 ± 1.04	0.641	-1.27 ± 1.35	0.346
Time*group (control)														
t0-t1 (0-3 months)	-53.19 ± 89.92	0.554	2.18 ± 3.22	0.498	-0.17 ± 4.55	0.971	-7.28 ± 10.16	0.474	0.20 ± 1.13	0.857	0.75 ± 1.19	0.531	1.29 ± 1.72	0.453
t0-t2 (0-9 months)	-121.47 ± 93.38	0.194	-3.23 ± 3.60	0.369	-5.25 ± 4.63	0.257	-10.35 ± 10.18	0.310	1.51 ± 1.21	0.212	0.28 ± 1.22	0.815	0.87 ± 1.70	0.609
t0-t3 (0-15 months)	-101.72 ± 100.14	0.310	1.82 ± 3.73	0.625	-4.84 ± 5.52	0.382	-9.46 ± 10.85	0.384	-1.70 ± 1.32	0.200	1.18 ± 1.27	0.353	2.30 ± 1.72	0.181

Data are presented as regression coefficient ± SE. Statistical significance ($p < 0.05$) is indicated (*). Intervention: $n = 104$, control: $n = 85$. ITT: intention-to-treat; HEI-NVS: Healthy Eating Index of the German National Nutrition Survey.

Table S10. Descriptive statistics for anthropometry and blood pressure (ITT analysis, $n = 189$).

Group	t0 (0 months)	t1 (3 months)	t2 (9 months)	t3 (15 months)
Body weight (kg)				
Intervention	74.99 ± 13.01	73.96 ± 11.81	74.35 ± 10.59	73.70 ± 10.09
Control	74.25 ± 14.57	73.31 ± 12.81	73.85 ± 12.04	73.95 ± 11.49
Body height (m)				
Intervention	1.70 ± 0.08	1.70 ± 0.08	1.70 ± 0.07	1.70 ± 0.07
Control	1.71 ± 0.08	1.71 ± 0.07	1.71 ± 0.07	1.71 ± 0.06
BMI (kg/m ²)				
Intervention	25.86 ± 3.50	25.54 ± 3.04	25.27 ± 2.60	25.32 ± 2.69
Control	25.19 ± 3.84	24.95 ± 3.42	25.46 ± 3.42	25.35 ± 3.23
Fat mass (kg)				
Intervention	25.56 ± 7.78	25.01 ± 6.72	24.88 ± 5.35	24.44 ± 5.79
Control	24.68 ± 7.28	24.34 ± 6.68	24.65 ± 6.72	24.41 ± 6.23
Fat-free mass (kg)				
Intervention	49.43 ± 9.76	48.58 ± 9.03	48.88 ± 8.09	48.60 ± 7.67
Control	49.18 ± 10.79	48.96 ± 9.60	48.69 ± 8.41	49.13 ± 8.12
Waist circumference (cm)				
Intervention	89.29 ± 10.89	88.06 ± 9.14	87.85 ± 7.78	86.67 ± 8.13
Control	87.32 ± 12.06	86.77 ± 9.68	86.88 ± 9.54	87.02 ± 9.13
Systolic blood pressure (mmHg)				
Intervention	123.29 ± 12.58	124.32 ± 14.03	125.17 ± 11.77	126.57 ± 11.98
Control	125.82 ± 14.24	124.82 ± 15.13	124.47 ± 11.64	126.25 ± 11.52
Diastolic blood pressure (mmHg)				
Intervention	83.04 ± 8.37	83.78 ± 8.62	84.83 ± 7.72	84.28 ± 6.95
Control	86.06 ± 9.22	85.21 ± 9.80	84.66 ± 7.22	84.98 ± 7.75
Heart rate (bpm)				
Intervention	66.24 ± 9.70	63.08 ± 8.56	64.66 ± 6.97	64.83 ± 7.01
Control	69.39 ± 11.68	65.88 ± 9.14	65.04 ± 7.49	65.04 ± 7.39

Data are presented as mean ± SD. Intervention: $n = 104$, control: $n = 85$. ITT: intention-to-treat; BMI: body mass index.

Table S11. Effect sizes for anthropometry and blood pressure (ITT analysis, $n = 189$).

Group	t0-t1 (0-3 months)	t0-t2 (0-9 months)	t0-t3 (0-15 months)
Body weight (kg)			
Intervention	-0.08 [-0.35, 0.19]	-0.05 [-0.33, 0.22]	-0.11 [-0.38, 0.16]
Control	-0.07 [-0.37, 0.23]	-0.03 [-0.33, 0.27]	-0.02 [-0.32, 0.28]
Body height (m)			
Intervention	0.00 [-0.27, 0.27]	-0.01 [-0.28, 0.26]	0.02 [-0.25, 0.29]
Control	-0.01 [-0.31, 0.29]	-0.04 [-0.34, 0.26]	0.02 [-0.28, 0.32]
BMI (kg/m ²)			
Intervention	-0.01 [-0.37, 0.178]	-0.19 [-0.46, 0.09]	-0.17 [-0.45, 0.10]
Control	-0.07 [-0.37, 0.24]	0.07 [-0.23, 0.38]	0.05 [-0.26, 0.35]
Fat mass (kg)			
Intervention	-0.08 [-0.35, 0.20]	-0.10 [-0.37, 0.17]	-0.16 [-0.44, 0.11]
Control	-0.05 [-0.35, 0.25]	-0.00 [-0.31, 0.30]	-0.04 [-0.34, 0.26]
Fat-free mass (kg)			
Intervention	-0.09 [-0.36, 0.18]	-0.06 [-0.33, 0.21]	-0.09 [-0.37, 0.18]
Control	-0.02 [-0.32, 0.28]	-0.05 [-0.35, 0.25]	-0.01 [-0.31, 0.30]
Waist circumference (cm)			
Intervention	-0.12 [-0.40, 0.15]	-0.15 [-0.43, 0.12]	-0.27 [-0.55, 0.00]
Control	-0.05 [-0.35, 0.25]	-0.04 [-0.34, 0.26]	-0.03 [-0.33, 0.27]
Systolic blood pressure (mmHg)			
Intervention	0.08 [-0.20, 0.35]	0.15 [-0.12, 0.43]	0.27 [-0.01, 0.54]
Control	-0.07 [-0.37, 0.23]	-0.10 [-0.41, 0.20]	0.03 [-0.27, 0.33]
Diastolic blood pressure (mmHg)			
Intervention	0.09 [-0.18, 0.36]	0.22 [-0.05, 0.50]	0.16 [-0.11, 0.43]
Control	-0.09 [-0.39, 0.21]	-0.17 [-0.47, 0.13]	-0.13 [-0.43, 0.17]
Heart rate (bpm)			
Intervention	-0.35 [-0.62, -0.07]	-0.19 [-0.46, 0.09]	-0.17 [-0.44, 0.11]
Control	-0.34 [-0.64, -0.03]	-0.44 [-0.75, -0.14]	-0.45 [-0.75, -0.14]

Data are presented as Cohen's d [\pm 95% CI]. Interpretation: $|d| = 0.2$: small effect, $|d| = 0.5$: medium effect, $|d| = 0.8$: large effect. Intervention: $n = 104$, control: $n = 85$. ITT: intention-to-treat; BMI: body mass index.

Table S12. Results of robust linear mixed models for anthropometry and blood pressure (ITT analysis, $n = 189$).

Predictors	Body weight (kg)		Body height (m)		BMI (kg/m ²)		Fat mass (kg)		Fat-free mass (kg)		Waist circumference (cm)		Systolic blood pressure (mmHg)		Diastolic blood pressure (mmHg)		Heart rate (bpm)	
	Estimate	p -value	Estimate	p -value	Estimate	p -value	Estimate	p -value	Estimate	p -value	Estimate	p -value	Estimate	p -value	Estimate	p -value	Estimate	p -value
(Intercept)	74.29 ± 2.83	< 0.001*	1.69 ± 0.02	< 0.001*	26.36 ± 0.76	< 0.001*	25.83 ± 1.52	< 0.001*	47.78 ± 1.82	< 0.001*	91.12 ± 2.31	< 0.001*	120.84 ± 3.08	< 0.001*	80.35 ± 1.92	< 0.001*	63.68 ± 2.10	< 0.001*
Time																		
t0-t1 (0-3 months)	-0.95 ± 1.62	0.558	-0.00 ± 0.01	0.898	-0.24 ± 0.49	0.632	-0.44 ± 1.05	0.675	-0.96 ± 0.91	0.292	-1.55 ± 1.71	0.367	3.07 ± 3.04	0.313	2.87 ± 1.85	0.121	-2.74 ± 2.15	0.203
t0-t2 (0-9 months)	-1.60 ± 2.17	0.462	-0.00 ± 0.01	0.917	-1.04 ± 0.68	0.132	-1.15 ± 1.17	0.329	-0.89 ± 0.85	0.297	-2.31 ± 1.92	0.231	4.76 ± 3.02	0.115	4.58 ± 2.20	0.039*	0.48 ± 2.69	0.860
t0-t3 (0-15 months)	-1.76 ± 1.96	0.372	-0.00 ± 0.01	0.919	-0.84 ± 0.67	0.217	-1.59 ± 1.10	0.148	-1.23 ± 1.06	0.249	-3.81 ± 1.84	0.039*	5.40 ± 3.03	0.075	3.96 ± 2.14	0.066	1.15 ± 2.24	0.607
Group (control)	-0.46 ± 1.85	0.802	0.01 ± 0.01	0.494	-0.70 ± 0.49	0.154	-0.78 ± 0.98	0.429	-0.20 ± 1.16	0.860	-2.23 ± 1.52	0.141	2.17 ± 2.01	0.279	2.85 ± 1.25	0.023*	2.69 ± 1.37	0.049*
Time*group (control)																		
t0-t1 (0-3 months)	0.18 ± 1.05	0.863	0.00 ± 0.00	0.884	0.04 ± 0.31	0.885	-0.02 ± 0.67	0.982	0.53 ± 0.58	0.366	0.55 ± 1.12	0.623	-2.47 ± 2.01	0.220	-2.07 ± 1.20	0.086	-0.47 ± 1.40	0.737
t0-t2 (0-9 months)	0.74 ± 1.41	0.598	-0.00 ± 0.00	0.880	0.63 ± 0.42	0.133	0.54 ± 0.78	0.488	0.45 ± 0.56	0.424	0.88 ± 1.23	0.473	-3.25 ± 1.94	0.094	-3.05 ± 1.34	0.023*	-2.37 ± 1.75	0.177
t0-t3 (0-15 months)	0.76 ± 1.29	0.558	0.00 ± 0.00	0.988	0.46 ± 0.43	0.287	0.60 ± 0.71	0.394	0.70 ± 0.72	0.331	1.67 ± 1.19	0.162	-2.67 ± 2.02	0.186	-2.66 ± 1.36	0.051	-2.80 ± 1.47	0.058

Data are presented as regression coefficient ± SE. Statistical significance ($p < 0.05$) is indicated (*). Intervention: $n = 104$, control: $n = 85$. ITT: intention-to-treat; BMI: body mass index.

Table S13. Descriptive statistics for blood levels and vascular health (ITT analysis, $n = 189$).

Group	t0 (0 months)	t1 (3 months)	t2 (9 months)	t3 (15 months)
Fasting plasma glucose (mg/dL)				
Intervention	88.55 ± 9.10	87.38 ± 7.28	86.09 ± 7.40	86.75 ± 6.54
Control	87.71 ± 8.46	87.35 ± 8.82	86.73 ± 9.08	86.56 ± 7.03
HbA _{1c} (%)				
Intervention	5.35 ± 0.34	5.40 ± 0.29	5.42 ± 0.24	5.40 ± 0.24
Control	5.32 ± 0.32	5.32 ± 0.29	5.38 ± 0.28	5.39 ± 0.27
Triglycerides (mg/dL)				
Intervention	114.59 ± 71.68	109.44 ± 56.87	104.70 ± 61.56	100.79 ± 46.85
Control	92.41 ± 32.04	93.29 ± 37.55	93.18 ± 32.23	97.91 ± 41.31
Total cholesterol (mg/dL)				
Intervention	216.30 ± 38.58	215.59 ± 34.92	212.07 ± 31.83	212.14 ± 30.67
Control	217.49 ± 42.04	210.72 ± 37.73	205.63 ± 33.47	209.81 ± 32.06
HDL cholesterol (mg/dL)				
Intervention	63.33 ± 14.21	63.63 ± 12.25	64.04 ± 11.82	64.54 ± 11.92
Control	63.48 ± 13.58	64.27 ± 13.27	62.30 ± 10.99	61.98 ± 11.41
LDL cholesterol (mg/dL)				
Intervention	130.76 ± 30.92	139.19 ± 29.63	140.25 ± 24.63	135.79 ± 24.97
Control	135.48 ± 36.32	136.39 ± 33.31	136.91 ± 27.11	138.08 ± 26.96
FMD (%)				
Intervention	9.04 ± 1.88	9.02 ± 1.74	9.00 ± 1.28	9.54 ± 1.28
Control	9.15 ± 1.92	9.23 ± 2.00	9.29 ± 1.79	9.40 ± 1.53
Vascular age (days)				
Intervention	19,829.27 ± 5946.48	19,873.32 ± 5255.34	19,705.75 ± 4231.25	19,326.56 ± 4052.77
Control	19,556.30 ± 5951.33	18,975.68 ± 5021.05	19,306.42 ± 5080.32	19,583.78 ± 4744.77

Data are presented as mean ± SD. Intervention: $n = 104$, control: $n = 85$. ITT: intention-to-treat; HbA_{1c}: glycated hemoglobin; HDL: high-density lipoprotein; LDL: low-density lipoprotein; FMD: flow-mediated dilatation.

Table S14. Effect sizes for blood levels and vascular health (ITT analysis, $n = 189$).

Group	t0-t1 (0-3 months)	t0-t2 (0-9 months)	t0-t3 (0-15 months)
Fasting plasma glucose (mg/dL)			
Intervention	-0.14 [-0.41, 0.13]	-0.30 [-0.57, -0.02]	-0.23 [-0.50, 0.05]
Control	-0.04 [-0.34, 0.26]	-0.11 [-0.41, 0.19]	-0.15 [-0.45, 0.15]
HbA _{1c} (%)			
Intervention	0.15 [-0.12, 0.43]	0.24 [-0.03, 0.51]	0.17 [-0.10, 0.44]
Control	-0.02 [-0.32, 0.28]	0.21 [-0.10, 0.51]	0.23 [-0.08, 0.53]
Triglycerides (mg/dL)			
Intervention	-0.08 [-0.35, 0.19]	-0.15 [-0.42, 0.12]	-0.23 [-0.50, 0.05]
Control	0.03 [-0.28, 0.33]	0.02 [-0.28, 0.32]	0.15 [-0.15, 0.45]
Total cholesterol (mg/dL)			
Intervention	-0.02 [-0.29, 0.25]	-0.12 [-0.39, 0.15]	-0.12 [-0.39, 0.15]
Control	-0.17 [-0.47, 0.13]	-0.31 [-0.61, -0.01]	-0.21 [-0.51, 0.10]
HDL cholesterol (mg/dL)			
Intervention	0.02 [-0.25, 0.30]	0.06 [-0.22, 0.33]	0.09 [-0.18, 0.36]
Control	0.06 [-0.24, 0.36]	-0.10 [-0.40, 0.22]	-0.12 [-0.42, 0.18]
LDL cholesterol (mg/dL)			
Intervention	0.28 [0.01, 0.55]	0.34 [0.07, 0.61]	0.18 [-0.09, 0.45]
Control	0.03 [-0.28, 0.33]	0.04 [-0.26, 0.35]	0.08 [-0.22, 0.38]
FMD (%)			
Intervention	-0.02 [-0.29, 0.26]	-0.03 [-0.30, 0.25]	0.31 [0.04, 0.59]
Control	0.04 [-0.26, 0.34]	0.08 [-0.23, 0.38]	0.14 [-0.16, 0.44]
Vascular age (days)			
Intervention	0.01 [-0.26, 0.28]	-0.02 [-0.30, 0.25]	-0.10 [-0.37, 0.17]
Control	-0.11 [-0.41, 0.20]	-0.05 [-0.35, 0.26]	0.01 [-0.30, 0.31]

Data are presented as Cohen's d [\pm 95% CI]. Interpretation: $|d| = 0.2$: small effect, $|d| = 0.5$: medium effect, $|d| = 0.8$: large effect. Intervention: $n = 104$, control: $n = 85$. ITT: intention-to-treat; HbA_{1c}: glycated hemoglobin; HDL: high-density lipoprotein; LDL: low-density lipoprotein; FMD: flow-mediated dilatation.

Table S15. Results of robust linear mixed models for blood levels and vascular health (ITT analysis, $n = 189$).

Predictors	Fasting plasma glucose (mg/dL)		HbA _{1c} (%)		Triglycerides (mg/dL)		Total cholesterol (mg/dL)		HDL cholesterol (mg/dL)		LDL cholesterol (mg/dL)		FMD (%)		Vascular age (days)	
	Estimate	<i>p</i> -value	Estimate	<i>p</i> -value	Estimate	<i>p</i> -value	Estimate	<i>p</i> -value	Estimate	<i>p</i> -value	Estimate	<i>p</i> -value	Estimate	<i>p</i> -value	Estimate	<i>p</i> -value
(Intercept)	88.43 ± 1.58	< 0.001*	5.40 ± 0.06	< 0.001*	109.84 ± 8.22	< 0.001*	216.19 ± 8.43	< 0.001*	62.76 ± 2.88	< 0.001*	127.30 ± 7.15	< 0.001*	8.89 ± 0.40	< 0.001*	20,944.28 ± 1139.65	< 0.001*
Time																
t0-t1 (0-3 months)	-0.86 ± 1.74	0.622	0.10 ± 0.05	0.077	-4.49 ± 8.20	0.584	2.23 ± 7.77	0.774	-0.19 ± 2.39	0.938	14.60 ± 6.86	0.034*	-0.04 ± 0.58	0.948	520.05 ± 795.35	0.513
t0-t2 (0-9 months)	-3.22 ± 1.81	0.076	0.09 ± 0.06	0.141	-17.39 ± 8.24	0.035*	0.82 ± 7.50	0.913	1.80 ± 3.05	0.556	15.89 ± 7.49	0.035*	0.00 ± 0.60	0.995	193.23 ± 909.50	0.832
t0-t3 (0-15 months)	-2.31 ± 1.79	0.196	0.03 ± 0.05	0.602	-19.37 ± 8.68	0.026*	-3.67 ± 7.41	0.620	2.44 ± 2.78	0.380	7.78 ± 7.98	0.331	0.83 ± 0.61	0.173	-978.62 ± 810.64	0.228
Group (control)	-0.69 ± 1.03	0.507	-0.04 ± 0.04	0.321	-9.43 ± 5.35	0.079	0.07 ± 5.51	0.990	-0.02 ± 1.88	0.992	3.12 ± 4.66	0.502	0.11 ± 0.26	0.661	-557.02 ± 743.91	0.454
Time*group (control)																
t0-t1 (0-3 months)	0.19 ± 1.14	0.864	-0.05 ± 0.04	0.130	1.28 ± 5.36	0.812	-5.07 ± 4.96	0.307	0.23 ± 1.57	0.885	-6.73 ± 4.41	0.128	0.07 ± 0.38	0.858	-654.11 ± 515.92	0.205
t0-t2 (0-9 months)	0.94 ± 1.19	0.433	-0.02 ± 0.04	0.655	7.73 ± 5.36	0.150	-6.21 ± 4.90	0.205	-1.46 ± 1.93	0.448	-6.65 ± 4.82	0.169	0.03 ± 0.40	0.930	-231.30 ± 558.44	0.679
t0-t3 (0-15 months)	0.58 ± 1.24	0.643	0.02 ± 0.04	0.515	10.11 ± 5.61	0.072	-1.66 ± 4.91	0.736	-1.96 ± 1.90	0.301	-2.48 ± 5.13	0.629	-0.33 ± 0.40	0.407	456.45 ± 531.41	0.391

Data are presented as regression coefficient ± SE. Statistical significance ($p < 0.05$) is indicated (*). Intervention: $n = 104$, control: $n = 85$. ITT: intention-to-treat; HbA_{1c}: glycated hemoglobin; HDL: high-density lipoprotein; LDL: low-density lipoprotein; FMD: flow-mediated dilatation.