	STUDY INTERVENTION				
	Enrollment	**Baseline**	**Allocation**	**During intervention**	**End of intervention**
TIMEPOINT	**$-t_1$**	**t_0**	**0**	**t_1**	**t_2**
ENROLMENT:					
Allocation			X		
Elegibility	X				
Screenning	X				
Informed consent	X				
MD reinforcement		X			
INTERVENTIONS					
Control group					
Intervention group 1: EVOO				X	
Intervention group 2: EVOO+HRLI				X	
ASSESSMENTS					
Sociodemographic characteristics		X			
Disease duration		X			
Pharmacological prescription		X			
Comorbidities		X			
Physical activity level		X			
Functional capacity		X			
Handgrip strentgh		X			
SLE disease activity		X			X
SLE damage		X			X
Disease activity blood parameters		X			X
Biochemical blood parameters		X			X
Arterial Stifness		X			X
Framingham Score		X			X
Anthropometry		X			X
Body composition		X			X