Supplement 1. Mediation analysis.

SF-36 gains were significantly correlated with decreased body mass (r=-0.63, p<0.01) and BDI score (r=-0.35, p<0.01), and increased performance on 6MWT (r=0.59, p<0.01), SE-ADL (r=0.24, p<0.05), BBS (r=0.38, p<0.01), BESTest (r=0.43, p<0.01) and DGI (3=0.39, p<0.01) from pre- to posttest. We performed conditional process mediation (Process macro; 5000 bootstrap samples, bias-corrected confidence interval (CI)) to determine if changes in these variables mediated the effects of EXE and CYC vs. CON on SF-36.

For EXE and CYC vs. CON, SF-36 gains were mediated by decreased body mass (EXE: relative direct effect=-0.28, SE=1.32, 95%CI[-2.90, 2.34], relative indirect effect=4.63, SE=1.18, 95%CI[2.52, 7.15]; CYC: relative direct effect=-1.54, SE=1.37, 95%CI[2.61, 8.26]; relative indirect effect=5.05, SE=1.44, 95%CI[2.61, 8.26]) and increased 6MWT performance (EXE: relative direct effect=1.09, SE=1.27, 95%CI[-1.44, 3.62], relative indirect effect=3.27, SE=1.10, 95%CI[1.50, 5.79]; CYC: relative direct effect=0.46, SE=1.26, 95%CI[-2.05, 2.96], relative indirect effect=3.05, SE=0.95, 95%CI[1.49, 5.24]). For EXE vs. CON only, SF-36 gains were mediated by increased performance on DGI (relative direct effect=4.36, SE-1.26, 95%CI[1.85, 6.86], relative indirect effect=1.60, 95%CI[0.37, 3.46]), BBS (relative direct effect=2.60, SE1.39, 95%CI[-0.17, 5.36], relative indirect effect=1.76, 95%CI[0.37, 3.61]) and BESTest (relative direct effect=1.96, SE-1.38, 95%CI[-0.79, 4.71], relative indirect effect=2.40, 95%CI[0.85, 4.47]) from pre- to posttest. Changes in BDI, SE-ADL and BDI did not mediate SF-36 gains for EXE or CYC vs. CON.

Reference
1. Hayes, AF. Introduction to Mediation, Moderation, and Conditional Process Analysis, A Regression-Based Approach. Second Edition, Guilford Publications. ProQuest Ebook Central, 2017. https://ebookcentral.proquest.com/lib/rug/detail.action?docID=5109647.