Supplementary table 2. Baseline and postprandial serum glucose and insulin responses for dinner and breakfast (Day 2) of post-intervention after adjustment for covariate model 1^1 (n=16)

	SIT	WALK3	WALK5	WALK8	*P* value
Serum glucose					
Baseline	4.75(0.32)	4.71(0.32)	4.78(0.32)	4.82(0.32)	0.632
Pre-dinner	4.99(0.30)	4.99(0.30)	4.91(0.30)	4.65(0.30)[3,4,5]	0.002
Pre-breakfast	4.79(0.27)	4.62(0.27)	4.71(0.27)	4.70(0.27)	0.082
Dinner tAUC	10.51(1.05)	11.26(1.03)	11.26(1.03)	11.78(1.08)[3]	0.006
Dinner iAUC[2]	0.77(0.47)	1.15(0.46)[3]	1.14(0.46)	1.36(0.49)[3]	0.002
Breakfast tAUC	9.19(0.70)	9.48(0.69)	9.46(0.68)	9.79(0.68)[3]	0.024
Breakfast iAUC[2]	0.29(0.41)	0.45(0.40)	0.41(0.40)	0.59(0.40)[3]	0.017
Serum insulin					
Baseline	53.21(20.73)	53.20(20.49)	54.97(20.55)	46.59(20.47)	0.502
Pre-dinner	73.49(21.08)	48.38(20.80)[3]	37.80(20.93)[3]	37.40(20.99)[3]	0.000
Pre-breakfast	55.86(9.96)	44.19(9.78)[3]	43.30(9.83)[3]	41.11(9.77)[3]	0.001
Dinner tAUC	396.9(169.6)	422.2(144.2)	393.3(149.7)	410.1(151.1)	0.883
Dinner iAUC	298.3(169.6)	323.7(144.3)	294.8(149.8)	311.6(151.2)	0.773
Breakfast tAUC	304.2(102.0)	320.1(93.4)	311.7(94.0)	343.8(95.2)	0.466
Breakfast iAUC	211.9(102.0)	227.9(93.4)	219.5(94.0)	251.5(95.2)	0.490
HOMA-IS					
Baseline	18.14(7.32)	18.66(7.32)	19.17(7.32)	20.01(7.32)	0.820
Pre-breakfast	16.38(5.19)	20.47(5.81)[3]	21.26(5.84)[3]	22.77(5.83)[3]	0.002

Values are adjusted means of covariates (SD). Means were compared using linear mixed models for the main effect condition followed by a Bonferroni multiple-comparisons test. Units of glucose and insulin concentrations are mmol·L^{-1} and pmol·L^{-1}, respectively; Units of glucose and insulin tAUC /iAUC are mmol·L^{-1}·h and pmol·L^{-1}·h for 2 h, respectively.