Supplementary table 3. Baseline and postprandial serum glucose and insulin responses for dinner and breakfast (Day 2) of post-intervention after adjustment for covariate model 2[1] (n=16)

	SIT	WALK3	WALK5	WALK8	P value
Serum glucose					
Pre-dinner	4.99(0.31)	5.00(0.30)	4.90(0.30)	4.66(0.30)[3,4]	0.003
Pre-breakfast	4.79(0.28)	4.62(0.27)	4.71(0.28)	4.70(0.28)	0.073
Dinner tAUC	10.76(1.67)	11.24(1.05)	11.19(1.11)	11.63(1.33)	0.448
Dinner iAUC[2]	0.85(0.75)	1.14(0.47)	1.11(0.50)	1.31(0.60)	0.372
Breakfast tAUC	9.30(0.87)	9.48(0.67)	9.42(0.69)	9.72(0.73)	0.346
Breakfast iAUC[2]	0.37(0.51)	0.449(0.39)	0.38(0.40)	0.54(0.43)	0.337
Serum insulin					
Pre-dinner	72.81(20.79)	49.02(20.50)[3]	36.90(20.71)[3]	38.34(20.79)[3]	0.000
Pre-breakfast	55.79(10.10)	44.24(9.89)[3]	43.25(9.94)[3]	41.19(9.91)[3]	0.001
Dinner tAUC	513.9(240.4)	412.8(137.9)	358.0(152.2)	337.7(181.2)	0.110
Dinner iAUC	415.3(240.5)	314.3(137.9)	259.5(152.2)	239.1(181.3)	0.108
Breakfast tAUC	319.8(125.0)	318.6(91.0)	306.3(95.0)	335.1(101.6)	0.707
Breakfast iAUC	227.6(125.0)	226.4(91.0)	214.0(262.9)	242.8(101.6)	0.691
HOMA-IS					
Pre-breakfast	16.19(6.10)	20.59(5.98)[3]	21.14(6.00)[3]	22.97(6.02)[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 $mmol \cdot L^{-1}$ and $pmol \cdot L^{-1}$, respectively; Units of glucose and insulin tAUC /iAUC are $mmol \cdot L^{-1} \cdot h$ and $pmol \cdot L^{-1} \cdot h$ for 2 h, respectively.

[1] Adjusted for age, sex, percent of body fat, relative VO2max, treatment order, corresponding baseline value (except for baseline and pre-breakfast concentrations), and energy expenditure.

[2] Square root transformed value, no unit.

[3] $P<0.05$ vs SIT. [4] $P<0.05$ vs WALK3.