

Supplementary Table 2. Baseline Characteristics for the intervention groups.

Characteristics	Exercise (n= 39)	Controls (n=36)	p value
Age [†] (years)	64.2 ±5.6	62.3 ±5.6	0.156 [‡]
Male /Female	34 (87) /5 (13)	28 (78) /8 (22)	0.442
BMI (kg/m ²)	29.5 (25.5, 31.9)	28.9 (26.7, 32.1)	0.721
Weight [†] (kg)	88.2 ±13.9	91.4 ±18.4	0.391 [‡]
Waist (cm)	106.0 (95.4, 115.0)	105.0 (99.1, 113.4)	0.897
SBP [†] (mmHg)	136.0 (129.0, 151.0)	141.4 ±15.4	0.630 [‡]
DBP [†] (mmHg)	76.0 (72.0, 82.0)	80.7 ±8.6	0.076 [‡]
HT	29 (74)	31 (86)	0.326
Previous AMI	16 (41)	17 (47)	0.759
Smokers	8 (21)	6 (17)	0.896
Years of Diabetes	11 (6, 15)	10 (4, 15)	0.409
Albuminuria	13 (33)	12 (33)	1.000
Glucose (mmol/l)	7.8 (6.7, 10.1)	8.0 (6.7, 9.7)	0.991
HbA1c (%)	7.4 (6.8, 8.8)	7.2 (6.6, 7.9)	0.367
Insulin (pmol/l)	54 (27, 95)	75 (32, 118)	0.170
Cpeptide [†] (pmol/l)	982 ±413	1172 ±546	0.092 [‡]
HOMA2-IR	1.1 (0.7, 1.9)	1.7 (0.8, 2.4)	0.169
Creatinine (μmol/l)	74.0 (69.0, 90.0)	82.0 (65.3, 90.0)	0.996
Total Cholesterol (mmol/l)	3.8 (3.4, 4.5)	4.1 (3.4, 4.8)	0.308
HDL Cholesterol (mmol/l)	1.11 (0.94, 1.31)	1.12 (0.92, 1.40)	0.966
LDL Cholesterol	1.80 (1.48, 2.53)	2.10 (1.70, 2.60)	0.270
Triglyceride	1.48 (1.22, 2.04)	1.43 (0.85, 1.94)	0.324
Medication n (%)			
Insulin	8 (21)	8 (22)	1.000
Metformin	32 (82)	24 (67)	0.206
ACE-inhibitors or ARBs	24 (62)	26 (72)	0.327
Beta-blockers	28 (72)	24 (67)	0.818
Sulfonylurea	19 (49)	11 (31)	0.171
Gliptins	4 (10)	4 (11)	1.000
Statins	37 (95)	33 (92)	0.926
Platelet inhibitors	37 (95)	35 (97)	0.604

Data are presented as number (%) or median (25th, 75th percentiles) if not otherwise stated.

p- value refers to between group differences at baseline (Mann-Whitney)

[†] Mean ± SD

[‡] Independent sample Students t-test

BMI body mass index, *SBP* systolic blood pressure, *DBP* diastolic blood pressure, *HT* hypertension, *AMI* acute myocardial infarction, *ACE* angiotensin converting enzyme, *ARB* angiotensin receptor II blocker.