

Additional Table 2. Outcomes at three months postpartum, per protocol. Analysis for the exercise per protocol group and the control group and comparison between groups are presented in number of participants (N), percentage (%), odds ratio (OR), 95% confidence interval (CI), and p-value.

	Per protocol		Between-Group Comparison		
	Exercise group (n = 19)	Control group (n = 34)	Odds Ratio	95% CI	p - value
	<i>n (%)</i>	<i>n (%)</i>			
Type 2 diabetes	0 (0)	3 (9.1)	0.63*	0.50, 0.78	0.54
Hypertension	1 (5.6)	3 (10.0)	1.9	0.18, 19.7	1.00
Physical activity \geq 150 minutes/week**	12 (80.0)	22 (78.6)	0.92	0.19, 4.34	1.00
Exercise training***	7 (46.7)	7 (25.9)	0.40	0.11, 1.51	0.19
Exclusively breastfeeding	8 (50.0)	21 (77.8)	3.50	0.92, 13.3	0.93
Breastfeeding 3-4 meals/24h	3 (18.8)	1 (3.7)	0.17	0.12, 1.76	0.14
<p>Missing: Type 2 diabetes: Exercise group 1 missing, control group 1 missing. Hypertension: Exercise group 1 missing, control group 4 missing. Physical activity questionnaire: Exercise group 4 missing, control group 6 missing. Lactating questionnaire: Exercise group 3 missing, control group 7 missing.</p> <p>Statistics: The data were analyzed by Fisher's Exact test.</p> <p>Definitions: Type 2 diabetes: Fasting plasma glucose \geq 7.0 mmol/l or 2 h concentration \geq 11.1 mmol/l, according to the definition of the World Health Organization (WHO). Hypertension: Systolic blood pressure \geq 140, diastolic blood pressure \geq 90.</p> <p>* For cohort control group.</p> <p>**Physical activity \geq 150 minutes/week: 30 minutes of daily physical activity.</p> <p>*** Exercise training \geq 90 min with moderate intensity and/or \geq 45 min with high intensity per week</p>					