**Table 2 Absolute mean changes in physical performance and physical activity in exercise and control groups**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Test** | **Baseline** |  | **Change**  |  | **Treatment effect size**  | **p-value\*\*** |
|  | Exercise group, mean (CI) | Control group, mean (CI) | Exercise group, mean (CI) | Control group, mean (CI) |  |  |
| **2-km walking (minutes)** |  |  |  |  |  |  |
| Premenopausal | 18.2 (17.9-18.6) | 17.8 (17.5-18.1) | 0-1 years: -0.98 (-1.18- -0.78)1-3 years: -1.06 (-0.31-0.11)1-5 years: -0.01 (-0.28-0.27) | 0-1 years: -0.64 (-0.84- -0.45)1-3 years: -0.14 (-0.29-0.01)1-5 years: -0.22 (-0.43-0) | -0.34-0.92+0.21 | 0.011 |
| Postmenopausal | 19.2 (18.8-19.6) | 18.8 (18.5-19.1) | 0-1 years: -0.79 (-1.00- -0.58)1-3 years: 0.10 (-0.06-0.25)1-5 years: 0.37 (0.08-0.65) | 0-1 years: -0.83 (-1.04- -0.62)1-3 years: 0.04 (-0.17-0.25)1-5 years: 0.21 (-0.03-0.45) | +0.04+0.06+0.16 | 0.253 |
| **Figure 8 running (seconds)** |  |  |  |  |  |  |
| Premenopausal | 15.15 (14.65-15.65) | 14.97 (14.49-15.45) | 0-1 years: -0.34 (-0.56- -0.11)1-3 years: -0.02 (-0.31-0.26)1-5 years: 0.08 (-0.13-0.30) | 0-1 years: 0.08 (-0.07-0.22)1-3 years: 0.21 (-0.22-0.64)1-5 years: -0.14 (-0.31-0.03) | -0.42-0.19+0.22 | 0.006 |
| Postmenopausal | 16.71 (16.15-17.28) | 16.63 (16.06-17.19) | 0-1 years: -0.24 (-0.40- -0.08)1-3 years: -0.04 (-0.23-0.16)1-5 years: 0.32 (0.08-0.56) | 0-1 years: 0.06 (-0.14-0.26)1-3 years: -0.10 (-0.34-0.14)1-5 years: 0.16 (-0.09-0.41) | -0.18+0.06+0.16 | 0.379 |
| **MET-hours per week\***  |  |  |  |  |  |  |
| Premenopausal | 17.40 (14.83-19.97) | 15.30 (12.60-18.02) | 0-1 years: 1.19 (-2.12-4.50)1-3 years: -2.17 (-5.65-1.31)1-5 years: -2.00 (-5.37-1.37) | 0-1 years: 1.98 (-1.76-5.72)1-3 years: 0.83 (-2.92-4.59)1-5 years: 1.74 (-2.82-6.29) | -0.79-3.0-3.74 | 0.053 |
| Postmenopausal | 14.75 (12.17-17.32) | 12.91 (10.09-15.72) | 0-1 years: 4.76 (1.89-7.62)1-3 years: -1.56 (-4.43-1.30)1-5 years: -3.76 (-6.73- -0.80) | 0-1 years: 4.65 (0.11-9.20)1-3 years: 0.63 (-4.25-5.51)1-5 years: -0.24 (-5.75-5.27) | +0.11-2.19-3.52 | 0.159 |

Treatment effect size = difference of changes between exercise and control groups, CI=confidence interval,\*moderate to hard intensity, \*\*p-value from longitudinal data analysis (linear mixed model