**Supplementary Table 1.** Analysis ofdata using a parallel design i.e. data of subjects randomized to start with either HULA (HULA first, n=27) or WALK (WALK first, n=26). Baseline characteristics of HULA first and WALK first groups and comparison of changes induced by HULA or WALK during the first 6 weeks.

|  |  |  |  |
| --- | --- | --- | --- |
| **Parameters** | **HULA first (n=27)** | **WALK first (n=26)** | **px** |
| **Baseline** | **Change**  | **Baseline** | **Change** |
| Age (yrs) | 47.1 ± 1.8 |  | 47.8 ± 2.2 |  |  |
| Waist (cm) | 93.2 ± 1.6 | -3.1 ± 0.4 | 89.5 (87.0 – 93.3) | -1.0 (-2.6 – 0.5) | 0.02 |
| Hip (cm) | 104.0 ± 1.4 | -2.4 ± 0.6 | 103.0 (97.9 – 110.0) | -1.6 ± 0.4 | NS |
| Waist–hip ratio | 0.90 ± 0.01 | -0.01 ± 0.01 | 0.88 ± 0.01 | 0.0 (-0.0 – 0.0) | NS |
| Weight (kg) | 79.1 ± 2.5 | -0.7 (-1 – 0.3) | 76.7 ± 2.4 | -0.8 ± 0.3 | NS |
| BMI (kg/m²) | 26.8 (25.5 – 29.3) | -0.2 (-0.4 – 0.1) | 27.6 (26.3 – 30.0) | -0.3 ± 0.1 | NS |
| Whole body fat (%, DEXA) | 40.3 ± 1.1 | -0.8 ± 0.3 | 41.9 ± 1.1 | -0.4 ± 0.3 | NS |
| Android fat (%, DEXA) | 46.5 ± 1.3 | -2.1 ± 0.4 | 49.0 ± 1.0 | -1.2 ± 0.5 | NS |
| Trunk muscle mass (g, DEXA) | 21586 (19994 – 22483) | +76 ± 217 | 20620 ± 509 | -215 ± 201 | NS |
| Triglycerides (mmol/l) | 1.26 (0.73 – 1.92) | -0.07 (-0.25 – 0.14) | 0.98 (0.69 – 1.24) | -0.02 (-0.13 – 0.12) | NS |
| HDL cholesterol (mmol/l) | 1.62 ± 0.07 | -0.00 ± 0.05 | 1.59 (1.45 – 2.13) | +0.03 ± 0.05 | NS |
| LDL cholesterol (mmol/l) | 3.6 ± 0.2 | -0.2 (-0.5 – 0.0) | 3.10 ± 0.18 | +0.08 ± 0.06 | 0.002 |
| Glucose (mmol/l) | 5.2 ± 0.1 | -0.1 ± 0.1 | 5.0 ± 0.1 | +0.1 (-0.3 – 0.4) | NS |
| HbA1c (mmol/mol) | 34.5 ± 0.6 | +0.1 ± 0.4 | 33.8 ± 0.6 | 0.0 (-0.5 – 1.0) | NS |
| Insulin (mU/l) | 7.3 (5.3 – 9.4) | +0.1 ± 0.5 | 5.9 (5.2 – 8.5) | -0.50 (-2.62 – 1.95) | NS |
| ALT (U/l) | 21 (16 – 28) | -1 (-6 – 4) | 19 (16 – 32) | 0 (-3 – 2) | NS |
| Liver fat (%)\* | 2.4 (1.3 – 3.8) | -0.2 (-0.8 – 0.4) | 1.7 (1.2 – 2.7) | +0.1 (-0.3 – 0.4) | NS |

Abbreviations: ALT, alanine aminotransferase; BMI, body mass index; DEXA, dual-energy X-ray absorptiometry; HbA1c, glycosylated hemoglobin A1c; HDL, high-density lipoprotein; LDL, low-density lipoprotein. \*calculated as described in  10.

xp-value for changes (the group x time interaction) calculated by two-way repeated measures ANOVA with intervention (HULA vs. WALK) as grouping variable and time (before vs. after intervention value) as paired factor.