**Supplementary Table 2**. Compliance with exercise program and exercise intensity.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Average |
| ***HULA***  Mins/day | 7.6 ± 0.5 | 9.9 ± 0.5 | 12.3 ± 0.7 | 14.2 ± 0.7 | 15.6 ± 0.6 | 17.3 ± 0.7 | 12.8 ± 0.5 |
| Steps/day | 8710 ± 404 | 8855 ± 364 | 8955 ± 409 | 8865 ± 438 | 9367 ± 399 | 9328 ± 436 | 8974 ± 359 |
| ***WALK*** |  |  |  |  |  |  |  |
| Steps/day | 9687 ± 404\*\* | 9791 ± 390\* | 9783 ± 462 | 10291 ± 429\*\* | 10604 ± 422\*\* | 10377 ± 454\* | 9986 ± 376\*\*\* |

All data are presented as mean ± SEM. \*p<0.05 for comparison steps/day between the groups, \*\*p<0.01, \*\*\*p<0.001 for comparison of steps during HULA as compared to WALK periods.