**Supplementary Table 4**. Separated data from analysis of cross over design for baseline, period and intervention effects.

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| --- | --- | --- |
| **Variables** | **p for covariates** | **Intervention** **effect** (p+ in Table 1)HULA vs. WALK |
|  | **Baseline** | **Period** |
| Waist (cm) | <0.001 | NS | <0.001 |
| Hip (cm) | 0.001 | NS | NS |
| Waist–hip ratio | <0.001 | NS | 0.01 |
| Weight (kg) | NS | NS | NS |
| BMI (kg/m²) | NS | NS | NS |
| Whole body fat (%, DEXA) | NS | NS | 0.01 |
| Android fat (%, DEXA) | NS | 0.01 | <0.001 |
| Trunk muscle mass (kg, DEXA) | 0.002 | NS | 0.03 |
| Triglycerides (mmol/l) | <0.001 | NS | NS |
| HDL cholesterol (mmol/l) | <0.0001 | NS | NS |
| LDL cholesterol (mmol/l) | 0.03 | NS | 0.007 |
| Glucose (mmol/l) | 0.001 | NS | NS |
| HbA1c (mmol/mol) | 0.001 | NS | NS |
| Insulin (mU/l) | 0.02 | NS | NS |
| ALT (U/l) | <0.001 | NS | NS |
| Systolic blood pressure (mmHg) | NS | NS | NS |

Data analyzed using Clustered Complex Samples General Linear model with subject ID as cluster variable with each variable having constant weight of 1, change (before vs. after intervention values) as dependent variable, intervention group (HULA vs. WALK) as fixed factor and baseline and period effects as covariates.

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.