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Supplemental Materials

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1 **Figure Legends**

2 **Figure S1.** Mean values from baseline to 20-week follow-up for measures of daily activity (A, B), blood
3 pressure (C, D), aerobic capacity (E), and waist circumference (F). Data are expressed as adjusted mean
4 change \pm standard error. Data are unadjusted for baseline values, age, and sex. Steps per day and
5 sedentary time are adjusted for wear time of the accelerometer.

6 **Figure S2.** Mean values from baseline to 20-week follow-up for lipid (A-D) and fasting glucose (E, F).
7 Data are expressed as mean change \pm standard error. Data are unadjusted for baseline values, age, and
8 sex. LDL cholesterol: Low-density lipoprotein cholesterol; HDL cholesterol: High-density lipoprotein
9 cholesterol.

10 **Figure S3.** Mean values from baseline to 20-week follow-up for biomarkers of inflammatory (A-D) and
11 oxidative stress (E, F). Data are expressed as adjusted mean change \pm standard error. Data are
12 unadjusted for baseline values, age, and sex. Log-transformation was used to normalize data
13 distribution. TNF- α : tumor necrosis factor α ; IL-6: interleukin-6; E-selectin: endothelium selectin; VCAM-1:
14 vascular cell adhesion molecule-1; MPO: myeloperoxidase; oxLDL: oxidized low-density lipoprotein.

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Table S1. Changes in supportive performance outcome measures unadjusted for baseline status

Outcome	EX + NEPA	EX	Between Group Difference
	Baseline to 20-Weeks	Baseline to 20-Weeks	20-Weeks
SPPB	0.4 (-0.1, 0.9)	0.2 (-0.3, 0.7)	0.2 (-0.6, 0.9)
4-m walk speed (m/s)	-0.03 (-0.09, 0.04)	0.02 (-0.04, 0.8)	-0.05 (-0.13, 0.04)
Dominant hand grip strength	-0.7 (-2.8, 1.4)	1.2 (-0.8, 3.1)	-1.9 (-4.8, 1.0)
Non-dominant hand grip Strength	-0.7 (-2.9, 1.5)	0.2 (-1.7, 2.2)	-1.0 (-3.9, 2.0)

Values are expressed as mean difference with 95% confidence intervals. Within group difference represents 20 weeks relative to baseline. Between group difference represents EX + NEPA relative to EX at 20 weeks. SPPB: Short Physical Performance Battery.

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Table S2. Changes in dietary intake.

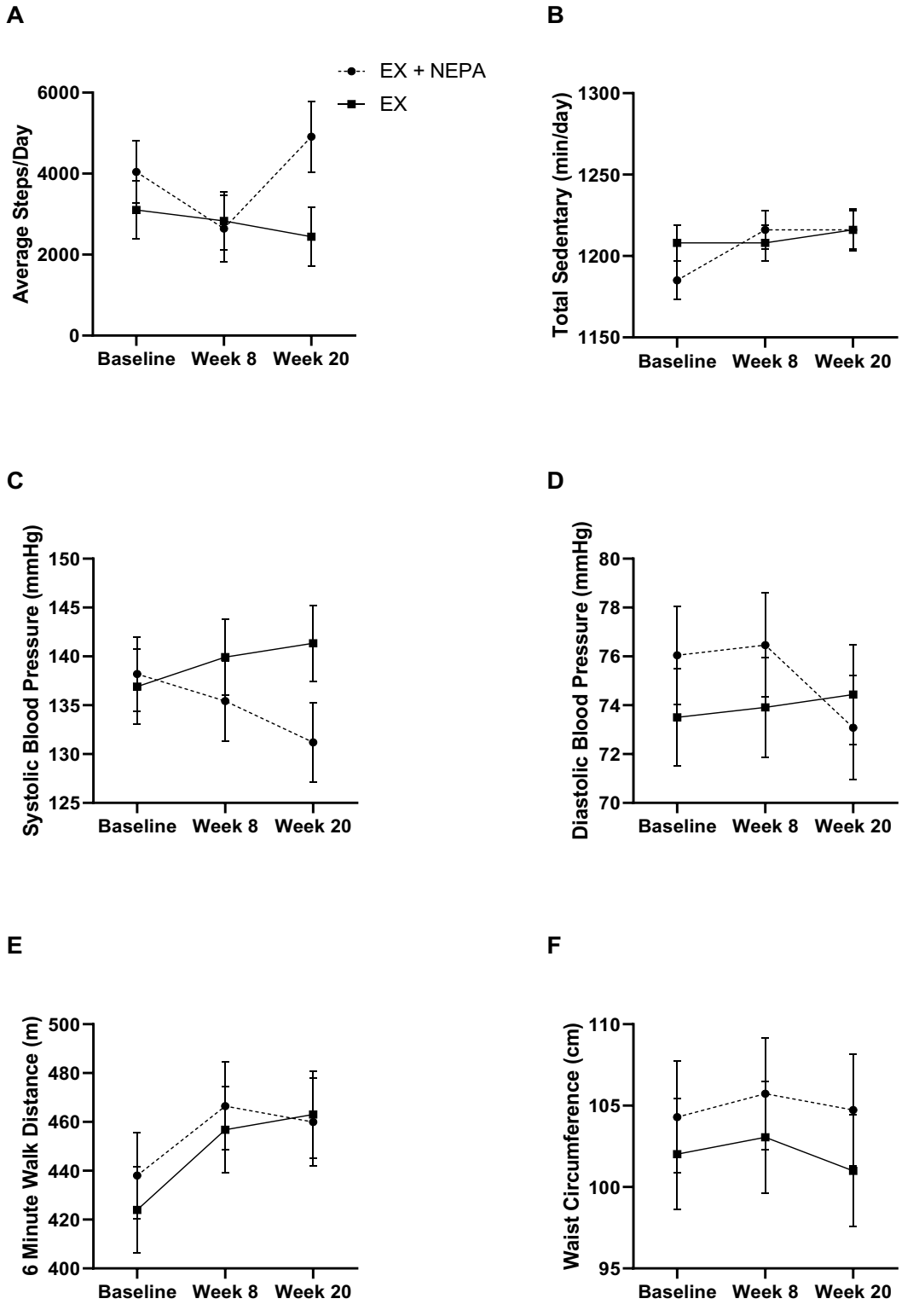
Outcome	EX + NEPA	EX	Between Group Difference
	Baseline to 20-Weeks	Baseline to 20-Weeks	20-Weeks
Calories (kcal/day)	-265.4 (-656.8, 126.0)	-64.7 (-421.2, 291.9)	-200.8 (-730.2, 328.7)
Carbohydrates (g/day)	-37.8 (-85.8, 10.2)	-11.4 (-55.2, 32.4)	-26.4 (-91.4, 38.6)
Protein (g/day)	-1.2 (-20.5, 18.1)	-7.6 (-25.3, 10.0)	6.4 (-19.8, 32.6)
Fat (g/day)	0.5 (-20.9, 21.9)	-1.9 (-21.4, 17.6)	2.4 (-26.5, 31.4)
Saturated fat (g/day)	2.8 (-5.6, 11.1)	-2.6 (-10.2, 5.0)	5.3 (-5.9, 16.6)
Cholesterol (mg/day)	-52.0 (-129.1, 25.1)	-19.5 (-89.7, 50.7)	-32.5 (-136.8, 71.8)
Fiber (g/day)	-2.8 (-10.4, 4.6)	-3.3 (-10.3, 3.7)	0.5 (-9.8, 10.8)
Sugar (g/day)	-23.0 (-44.6, 1.4)	1.3 (-18.5, 21.0)	-24.3 (-53.5, 5.0)
Water (g/day)	-418.7 (-802.1, -35.3)	386.1 (37.6, 734.5)	-804.7 (-1323, -286.7)

Values are expressed as mean difference with 95% confidence intervals. Within group difference represents 20 weeks relative to baseline. Between group difference represents EX + NEPA relative to EX at 20 weeks.

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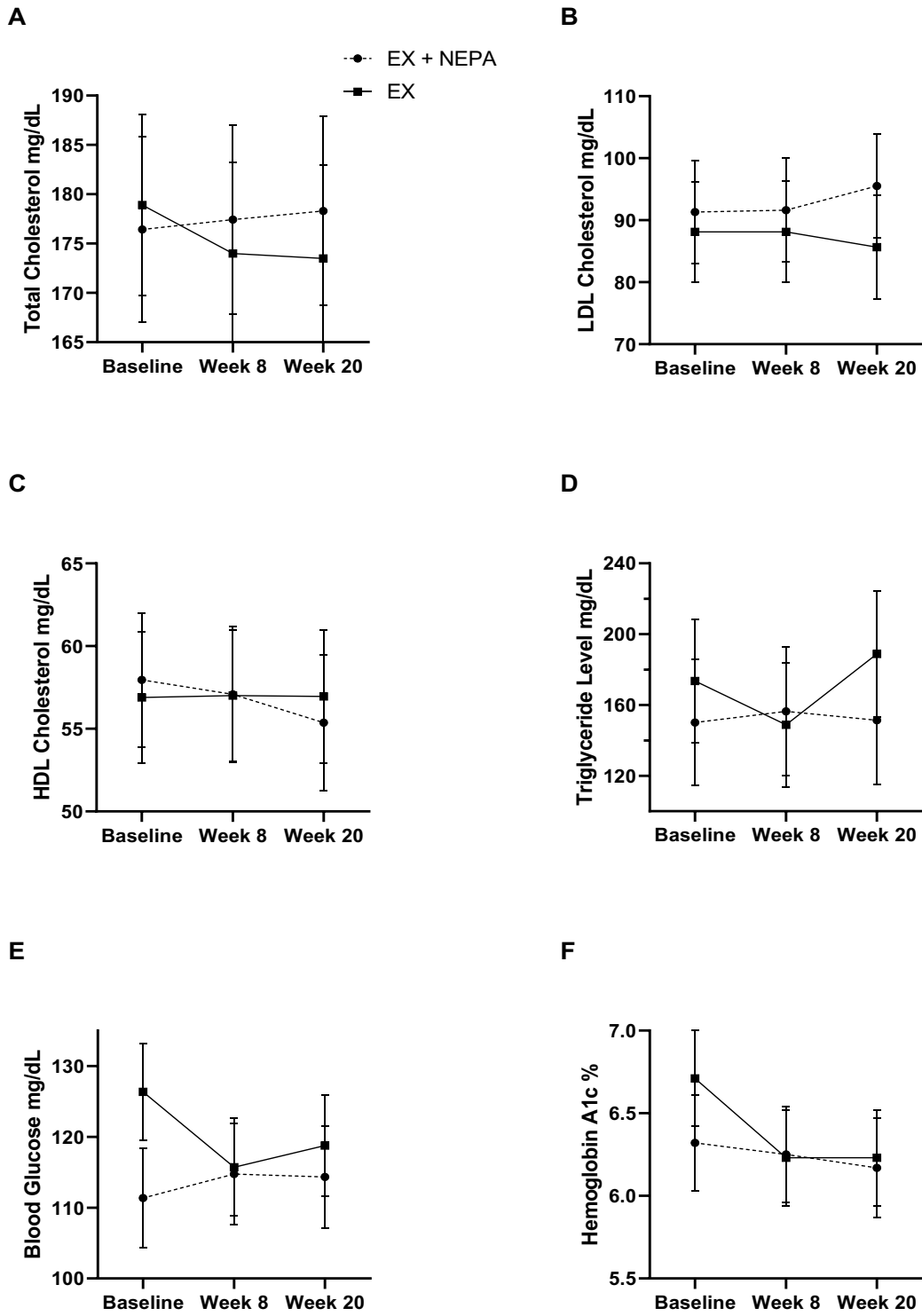
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1 Fig S1.



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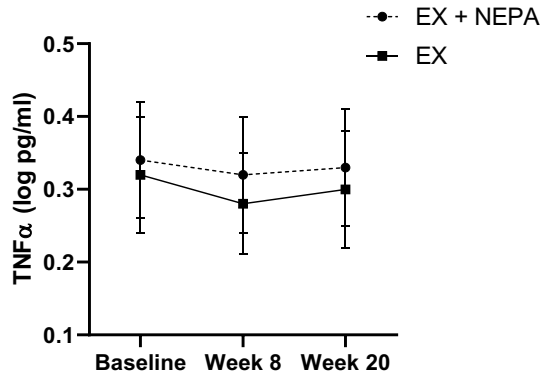
1 Fig S2.



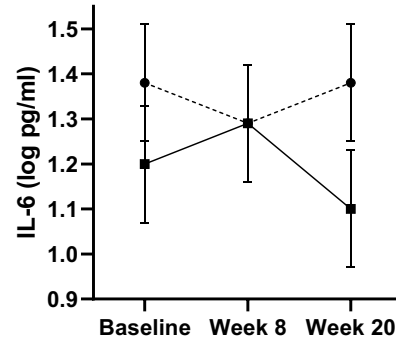
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1 Fig S3.

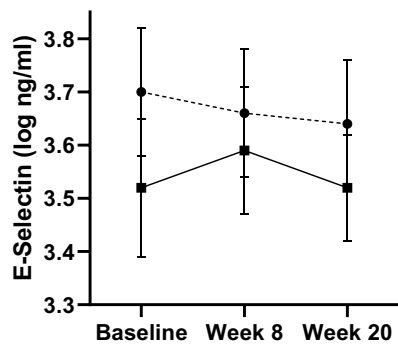
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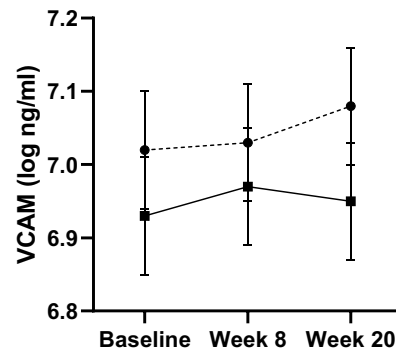
B



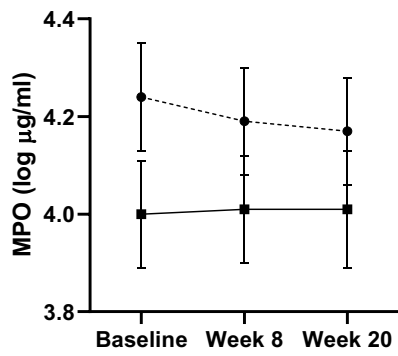
C



D



E



F

