Figure 1 outlines the study CONSORT diagram.

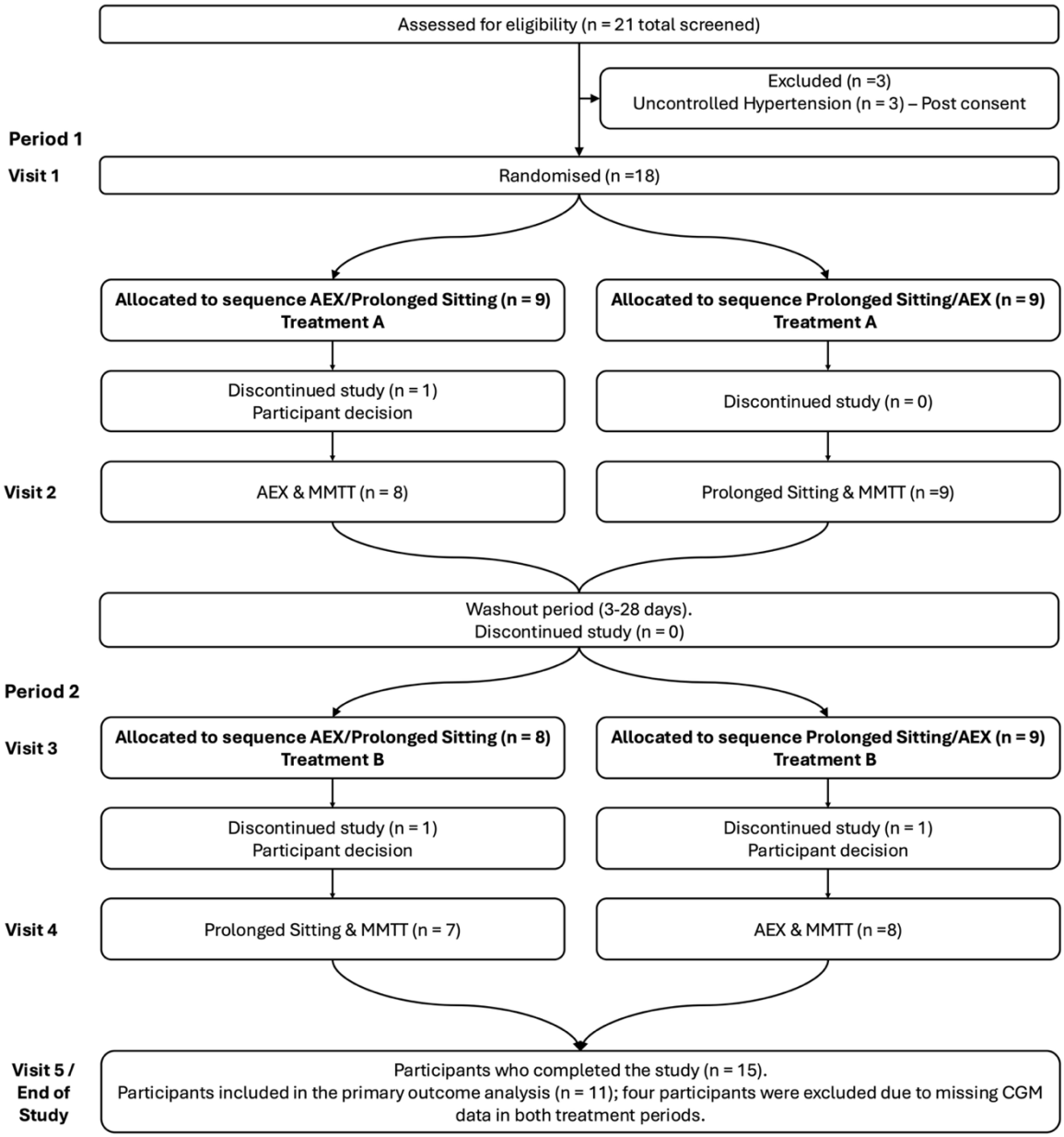

Table 1. Baseline characteristics.

Variable	All participants (N=18)	Participants completed the study (n =15)	Participants with CGM-related outcome (n=11)
Age (years)	55.6 (11.6)	56.5 (12.2)	58.3 (12)
Height (cm)	165.8 (8.7)	166.2 (9.1)	168.7 (9.2)
Weight (kg)	98.6 (27.6)	98.8 (27.7)	104.7 (29)
Sex			
Female	15 (83%)	12 (80%)	8 (73%)
Male	3 (17%)	3 (20%)	3 (27%)
Waist circumference (cm)	107.7 (22.1)	108.3 (22.9)	113.1 (23.2)
Systolic blood pressure (mmHg)	122.6 (13.3)	124 (12)	126 (11)
Diastolic blood pressure (mmHg)	71 (8.9)	71 (10)	72 (10)
BMI (kg/m^2)	35.7 (8.5)	35.6 (8.5)	36.7 (9.2)
HbA1c (%)	5.3 (0.5)	5.3 (0.5)	5.3 (0.5)
HbA1c (mmol/l)	34.7 (5)	34.2 (5.1)	34.7 (5.1)
Ethnicity			
White British	18 (100%)	15 (100%)	11 (100%)
Bariatric surgery type			
SG	8 (44%)	5 (34%)	3 (27%)
RYGB	10 (56%)	10 (66%)	8 (73%)

Continuous data are expressed as mean ± SD, and categorical data as count (percentage). SG = sleeve gastrectomy. RYGB = Roux-Y gastric bypass; CGM = Continuous Glucose Monitoring.

	AEX	***CON***	*p-value*
Time spent in interstitial glucose levels <3.0 mmol/L (%)			Analysis precluded due to only one participant experiencing CGM values < 3.0mmol/l
Time spent in interstitial glucose levels <3.9 mmol/L (%)	0 (0.0, 0.5)	0 (0.0, 0.5)	0.68
Time spent in interstitial glucose >10 mmol/L (%)	2.8 (1.0, 10.9)	6.6 (1.4, 12.3)	0.10
Time in interstitial glucose levels between 3.9 – 10 mmol/L (%)	94.8 (89.1, 97.9)	93.0 (87.3, 97.6)	0.08
Mean interstitial glucose mmol/L (mean ± SD)	6.4 (1.0)	6.5 (0.9)	0.57
Nadir interstitial glucose mmol/L (mean ± SD)	4.21 (0.78)	3.98 (0.58)	0.16
Standard deviation of the mean interstitial glucose	1.4 (1.2, 1.9)	2.0 (1.3, 2.4)	**<0.001**
Interstitial Glucose Coefficient of variation	23.1 (20.6, 28.8)	29.8 (22.1, 32.7)	**0.004**

Data are expressed as median (quartiles), unless otherwise stated. AEX = Aerobic exercise; CON = Prolonged sitting. n =11.

	AEX	***CON***	*p value*
Glucose			

Pre-meal (mmol/L)	4.49 (0.64)	4.48 (0.43)	0.20
Nadir (mmol/L)	4.28 (0.72)	3.84 (0.57)	**< 0.01**
Peak (mmol/L)	9.14 (2.69)	8.41 (2.61)	**0.02**
AUC $_{0\text{-}180}$ (mmol/L x 180 min)	1269 (235)	1171 (201)	**0.02**
Insulin			
Pre-meal (IU/mL)	15.6 (10.4)	9.76 (6.75)	**<0.01**
Peak (IU/mL)	159 (126)	146 (123)	0.21
AUC $_{0\text{-}180}$ (IU/mL x 180 min)	10 760 (7915)	10 231 (8391)	0.05

Data are expressed as mean ± SD. Models were adjusted accordingly for the intervention group, visit, fasting, pre-exercise, and post-exercise glucose or insulin values. AEX = Aerobic exercise; CON = Prolonged sitting; AUC: Area Under the Curve. n =15.

Table 4. Safety data

	AEX		CON		Before initiation of 1st treatment period		Total	
	Patients	Events	Patients	Events	Patients	Events	Patients	Events
SAEs	0/18 (0%)	0	0/18	0	0/18	0	0/18	0
Any AEs	7/18 (39%)	8	4/18 (22%)	7	6/18 (33%)	11	10/18 (56%)	26
Nervous system disorders								
Headache	3/18 (17%)	3	3/18 (17%)	3	3/18 (17%)	3	7/18 (39%)	9
Dizziness	0/18 (0%)	0	1/18 (6%)	0	0/18 (0%)	0	1/18 (6%)	1
Off balance	0/18 (0%)	0	1/18 (6%)	0	0/18 (0%)	0	1/18 (6%)	1
Metabolism and nutrition disorders								
Hypoglycaemia	0/18 (0%)	0	1/18 (6%)	1	3/18 (17%)	5	3/18 (17%)	6
Infections and infestations								
Influenza	0/18 (0%)	0	0/18 (0%)	0	1/18 (6%)	1	1/18 (6%)	1
Head cold	0/18 (0%)	0	0/18 (0%)	0	1/18 (6%)	1	1/18 (6%)	1
Cold	1/18 (6%)	1	0/18 (0%)	0	0/18 (0%)	0	1/18 (6%)	1
Skin and subcutaneous tissue disorders								
Itchy rash	1/18 (6%)	1	0/18 (0%)	0	0/18 (0%)	0	1/18 (6%)	1
Clamminess	1/18 (6%)	1	0/18 (0%)	0	0/18 (0%)	0	1/18 (6%)	1
Eye disorders								
Eye discomfort	1/18 (6%)	1	0/18 (0%)	0	0/18 (0%)	0	1/18 (6%)	1
Blood and lymphatic system disorders								
Iron deficiency	0/18 (0%)	0	0/18 (0%)	0	1/18 (6%)	1	1/18 (6%)	1
Gastrointestinal disorders								
Nausea	0/18 (0%)	0	1/18 (6%)	0	0/18 (0%)	0	1/18 (6%)	1
Injury, poisoning and procedural complications								
Finger fracture	1/18 (6%)	1	0/18 (0%)	0	0/18 (0%)	0	1/18 (6%)	1

Abbreviations: AEX: Aerobic exercise, CON: Control condition, AE: Adverse Event, SAE: Serious Adverse Event.