

**Supplemental Table 1. Adherence Data**

	Responders			Non-Responders		
	LALI (n=24)	HALI (n=42)	HAHI (n=31)	LALI (n=15)	HALI (n=9)	HAHI (n=0)
<b>Sessions Prescribed, n</b>	120	120	120	120	120	–
<b>Mean sessions attended (SD), n</b>	115.8 (4.1)	114.6 (4.5)	115.4 (4.6)	113.9 (5.1)	116.2 (4.1)	–
<b>Mean Attendance (SD), %</b>	96.5 (3.4)	95.5 (3.8)	96.1 (3.9)	94.9 (4.3)	96.9 (3.4)	–
<b>Prescribed energy expended (SD), kcal/session</b>						
<b>Women</b>	180	360	360	180	360	–
<b>Men</b>	300	600	600	300	600	–
<b>Actual energy expended (SD), kcal/session</b>						
<b>Women</b>	182.6 (2.9)	363.7 (6.5)	359.4 (6.4)	183.6 (3.3)	364.5 (3.1)	–
<b>Men</b>	302.4 (5.0)	610.4 (7.8)	594.9 (16.4)	306.8 (5.6)	611.8 (4.4)	–
<b>Prescribed intensity, % of CRF</b>	50	50	75	50	50	–
<b>Actual intensity (SD) % of CRF</b>	50.6 (2.8)	51.4 (1.8)	74.8 (1.9)	50.7 (0.7)	51.2 (1.6)	–
<b>Mean Exercise time (SD), min/session</b>	31.8 (4.5)	57.7 (7.7)	39.7 (6.4)	30.2 (2.9)	59.0 (7.3)	–

Values are means (SDs) unless otherwise noted.

**Supplemental Table 2. Participant Characteristics at 70% Adherence<sup>+</sup>**

	LALI		HALI		HAHI	
	Non- Responders	Responders	Non- Responders	Responders	Non- Responders	Responders
<b>Age, y</b>	52.1(5.3)	53.6(7.4)	53.5(7.0)	52.3(8.1)	48.6(8.5)	53.4(7.2)
<b>Gender (% M, F)</b>	17.6, 82.4	44.8, 55.2	40.0, 60.0	37.8, 62.2	20.0, 80.0	41.7, 58.3
<b>BMI, kg/m<sup>2</sup></b>	34.2(4.0)	32.6(4.0)	33.7(5.7)	32.8(4.9)	30.8 (4.0)	32.9(3.5)
<b>SED, min/d</b>	589.1(69.1)	614.6(73.6)	604.0(90.2)	574.7(66.3)	773.7(134.3)	596.5(98.3)
<b>TPA, min/d</b>	351.3(73.4)	298.5(65.7)	288.3(14.8)	345.1(59.8)	334.3(57.0)	321.5(101.0)

BMI, body mass index, CRF, cardiorespiratory fitness, F, female, M, male, SED, sedentary time TPA, total unstructured physical activity, WC, waist circumference  
 Values are means (SDs) unless otherwise noted.