SUPPLEMENTARY MATERIAL

Due to technical developments being carried out during the study, relaxation time measurements are reported only at baseline$_2$ and post-intervention in a subset of 12 subjects, 8 of which were included in a previous study (1). No changes were observed in the clinical and diabetic markers in the 12-participant subset (P>0.1) (Supplementary Table S1).

Table S1. Participant characteristics, intervention compliance, and clinical tests for the cohort subset (N=12) in which relaxation times were measured.

Characteristic	Value		
Age (years)	59 ± 8.2		
Sex (women/men)	3/9		
Metric	Pre	Post	P
BMI (kg/m^2)	31.4 ± 4.7	30.5 ± 4.8	0.166
MNSI physical exam score	2.8 ± 1.1	2.9 ± 1.7	0.864
HbA1c (%)	7.2 ± 1.3	7.3 ± 1.5	0.562
Fasting glucose (mg/dL)	142.9 ± 54.5	139.2 ± 46.2	0.314
Glucose 120 minutes (mg/dL)	269.1 ± 111.1	250.9 ± 113.1	0.118
C-reactive protein (mg/L)	2.6 ± 1.9	2.6 ± 2.4	0.140
VO_2peak (mL·kg^{-1}·min^{-1})	18.9 ± 3.0	19.2 ± 4.7	0.842

Pre indicates pre-intervention and post indicates post-intervention. P indicates statistical differences between pre- and post-intervention values (paired, two-tailed Student's t test, significance at P<0.1).

REFERENCES

1. Sharafi A, Medina K, Zibetti MVW, Rao S, Cloos MA, Brown R, Regatte RR: Simultaneous T1, T2, and T1ρ relaxation mapping of the lower leg muscle with MR fingerprinting. Magnetic Resonance in Medicine 2021;00:1-10