

SUPPLEMENTARY MATERIAL

Due to technical developments being carried out during the study, relaxation time measurements are reported only at baseline₂ 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 ₂ peak (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