

Table 4. Adjusted generalized estimating equations of the effect of different interventions in lipid profile and blood pressure.

	FA (n = 81)		DA (n = 34)		PI (n = 48)		p-value	Power (1-β)
	Baseline	Follow-up	Baseline	Follow-up	Baseline	Follow-up		
Total cholesterol, mg/dL	202.3 (192.9 to 212.2)	187.3 ^{*a} (178.1 to 197.0)	200.7 (189.4 to 212.8)	193.0 (180.3 to 206.6)	183.1 (168.7 to 198.7)	206.6 [*] (188.9 to 225.8)	0.002	0.91
HDL-C, mg/dL	49.7 (47.1 to 52.5)	50.4 (47.8 to 53.1)	50.2 (46.7 to 53.9)	49.5 (45.8 to 53.6)	47.3 (43.5 to 51.4)	45.5 (41.9 to 49.5)	0.537	0.21
LDL-C, mg/dL	124.9 (116.9 to 133.4)	111.1 ^{*a} (103.8 to 118.9)	124.3 (114.1 to 135.3)	113.2 [*] (101.6 to 126.2)	112.3 (101.0 to 124.9)	128.8 [*] (115.6 to 143.6)	0.001	0.86
Triglycerides, mg/dL	145.6 (130.0 to 154.3)	124.8 ^{*a} (114.6 to 135.9)	133.3 (116.9 to 152.0)	141.0 (121.8 to 163.1)	131.5 (115.7 to 149.4)	158.2 [*] (137.2 to 182.2)	0.001	0.99
PAS, mmHg	131.9 (128.5 to 135.3)	114.0 ^{*ab} (111.2 to 116.8)	135.6 (131.1 to 140.3)	134.4 (129.4 to 139.5)	132.2 (127.5 to 137.1)	141.4 [*] (136.0 to 147.0)	<0.001	1.00
PAD, mmHg	82.9 (80.8 to 84.9)	77.7 ^{*ab} (76.3 to 79.2)	84.6 (82.6 to 86.6)	82.8 (79.5 to 86.3)	84.8 (82.8 to 87.0)	86.2 (83.6 to 88.9)	<0.001	0.83

FA = formally active group, DA = declared active group, PI = physically inactive group. BMI = body mass index, HDL-C = high density lipoprotein – cholesterol, LDL-C = low density lipoprotein – cholesterol, SBP = systolic blood pressure, DBP = diastolic blood pressure. *Note:* Intention-to-treat: FA includes individuals that completed the supervised training (n=53) and dropouts (n=28). Interaction refers to the interaction group vs. time. Analyses adjusted for sex, chronological age, body mass index and hypertensive/statin drugs ingestion. Values presented through estimated marginal means (95% confidence interval). ^{*} $P < 0.05$ vs. Baseline, ^a $P < 0.05$ vs. PI, ^b $P < 0.05$ vs. DA.