### Supplementary File 1. Group-level descriptive statistics for all study outcomes.

| Outcome                          | HIIT        | MICT        |
|----------------------------------|-------------|-------------|
| **VO2 absolute (L/min)**         |             |             |
| Pre                              | 2.00 (0.55) | 2.02 (0.70) |
| Post                             | 2.15 (0.57) | 2.05 (0.59) |
| Month 6                          | 2.12 (0.55) | 2.05 (0.71) |
| Month 12                         | 2.08 (0.57) | 2.03 (0.56) |
| **VO2 relative (mL/kg/min)**     |             |             |
| Pre                              | 22.65 (4.95)| 22.95 (6.44)|
| Post                             | 24.19 (4.63)| 23.43 (5.78)|
| Month 6                          | 24.61 (6.03)| 24.17 (6.60)|
| Month 12                         | 25.60 (6.38)| 24.18 (5.82)|
| **Watts peak**                   |             |             |
| Pre                              | 170.62 (33.72)| 173.12 (47.37)|
| Post                             | 180.04 (35.80)| 176.90 (42.82)|
| Month 6                          | 177.95 (36.55)| 178.20 (53.12)|
| Month 12                         | 177.67 (36.89)| 174.64 (39.51)|
| **MVPA 10+**                     |             |             |
| Pre                              | 31.33 (45.77)| 40.61 (55.71)|
| Month 3                          | 81.14 (62.23)| 127.88 (100.80)|
| Month 6                          | 62.66 (64.55)| 141.70 (93.49)|
| Month 9                          | 72.66 (66.17)| 113.79 (100.07)|
| Month 12                         | 65.14 (78.99)| 97.23 (99.27)|
| **MVPA adherence**               |             |             |
| Pre                              | 0.33 (0.40)  | 0.25 (0.32)  |
| Month 3                          | 0.73 (0.35)  | 0.62 (0.40)  |
| Month 6                          | 0.57 (0.39)  | 0.70 (0.33)  |
| Month 9                          | 0.65 (0.39)  | 0.58 (0.41)  |
| Month 12                         | 0.54 (0.40)  | 0.49 (0.42)  |
| **Weight (kg)**                  |             |             |
| Pre                              | 89.40 (21.67)| 89.26 (19.32)|
| Post                             | 89.08 (21.11)| 88.34 (18.72)|
| Month 6                          | 87.26 (21.15)| 86.15 (16.81)|
| Month 12                         | 81.46 (13.66)| 85.60 (17.34)|
| **Waist circumference (cm)**     |             |             |
| Pre                              | 108.41 (15.67)| 107.63 (14.72)|
| Post                             | 107.09 (15.96)| 105.71 (14.09)|
| Month 6                          | 105.41 (15.66)| 102.84 (12.99)|
| Month 12                         | 100.16 (11.23)| 100.98 (13.22)|
| **Body fat (%)**                 |             |             |
| Pre                              | 33.11 (6.63) | 33.56 (7.69) |
| Post                             | 32.63 (6.90) | 33.41 (7.68) |
| Month 6                          | 32.15 (6.56) | 33.28 (7.41) |
| Month 12                         | 30.46 (6.78) | 31.78 (7.41) |
| **Task self-efficacy**           |             |             |
| Pre                              | 79.47 (15.72)| 84.95 (13.88)|
| Post                             | 98.83 (2.49) | 97.03 (6.07) |
| Month 6                          | 92.44 (18.74)| 88.49 (19.87)|
| Month 12                         | 86.83 (27.07)| 89.46 (13.82)|
| **Self-regulatory efficacy**    |             |             |
| Pre                              | 75.64 (14.05)| 77.47 (15.29)|
| Post                             | 88.34 (9.71) | 91.33 (11.50)|
| Month 6                          | 76.09 (17.17)| 82.42 (17.07)|
| Month 12                         | 72.53 (21.75)| 85.37 (13.64)|
Number of participants in HIIT: Pre ($n = 47$); Post ($n = 47$); 3-months ($n = 43$); 6-months ($n = 42$); 9-months ($n = 37$); 12-months ($n = 35$).

Number of participants in MICT: Pre ($n = 52$); Post ($n = 51$); 3-months ($n = 49$); 6-months ($n = 44$); 9-months ($n = 39$); 12-months ($n = 37$).