Supplemental Figure 1: Effect of different weight loss interventions on insulin sensitivity in MAO and MHO subjects.

Each line represents the mean response in insulin sensitivity for that treatment modality (dashed line represents 3-4 months diet, solid line represents 3 months aerobic exercise, hatched line represents 6 months resistance/aerobic exercise, double line represents 6 months aerobic exercise). Changes in insulin sensitivity from pre-post intervention were significant for all treatment modalities in the MAO and MHO groups (P < 0.05), except the 3 month aerobic exercise intervention in MHO and the 6 month resistance plus aerobic exercise in MAO (P > 0.05, for both).

Supplemental Figure 2: Change in insulin sensitivity in response to diet or exercise induced weight loss by tertiles of baseline insulin sensitivity in men and women

Men and women were separated into sex-specific tertiles of baseline insulin sensitivity (white bars represent pre-intervention, black bars represent post-intervention). The effect of weight loss intervention on changes in insulin sensitivity was examined by repeated-measures ANOVA (collapsed across modality).

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