**Supplementary Table 1:** Change in PAI-1, VEGF, and PEDF by tertiles of change in percent body-fat compared to controls

| **Change in % body-fat** | **Diet** | **Exercise** | **Diet+Exercise** |
| --- | --- | --- | --- |
| **N** | **Baseline** | **12-month** | **Abs.****Change (%)**e | **P**c | **N** | **Baseline** | **12-month** |  |  | **N** | **Baseline** | **12-month** | **Abs.****Change (%)**e | **P**c |
| **GM**a**(95% CI)** | **GM**a**(95% CI)** | **GM**a**(95% CI)** | **GM**a**(95% CI)** | **Abs.****Change (%)**e | **P**c | **GM**a**(95% CI)** | **GM**a**(95% CI)** |
| **PAI-1** |
| Control | 87 | 7.89(7.09-8.76) | 8.15(7.29-9.11) | 0.27(3.5) |  | 87 | 7.88(7.09-8.76) | 8.15(7.29-9.11) | 0.27(3.5) |  | 87 | 7.88(7.09-8.76) | 8.15(7.29-9.11) | 0.27(3.5) |  |
| No Change/Gained | 26 | 6.97(5.45-8.92) | 8.40(7.04-10.02) | 1.43(20.5) | 0.08 | 36 | 6.22(5.17-7.48) | 6.91(5.92-8.06) | 0.69(11.1) | 0.29 | 16 | 7.36(5.92-9.13) | 7.99(6.38-10.00) | 0.63(8.6) | 0.58 |
| Decreased <2.6% | 23 | 9.14(7.06-11.84) | 7.30(5.79-9.22) | -1.84(-20.1) | 0.02 | 47 | 6.730(5.69-7.96) | 7.46(6.38-8.72) | 0.73(10.8) | 0.38 | 17 | 7.946(6.43-9.82) | 7.45(5.92-9.38) | -0.50(-6.2) | 0.37 |
| Decreased2.6-6.4% | 34 | 6.56(5.50-7.84) | 6.84(5.81-8.05) | 0.28(4.2) | 0.97 | 26 | 6.369(4.98-8.15) | 6.56(5.17-8.32) | 0.19(3.0) | 0.83 | 29 | 7.16(5.60-9.15) | 5.50(4.36-6.94) | -1.65(-23.1) | <0.0001 |
| Decreased >6.4% | 31 | 6.09(5.23-7.09) | 4.11(3.49-4.83) | -1.99(-32.6) | <0.0001 | 5 | 7.023(3.63-13.59 | 6.53(4.41-9.68) | -0.49(-7.0) | 0.45 | 52 | 6.02(5.19-6.98) | 4.33(3.73-5.03) | -1.69(-28.1) | <0.0001 |
| dPtrend | <0.0001 | 0.96 | <0.0001 |
| **PEDF** |
| Control | 87 | 10.75(10.35-11.17) | 10.77(10.37-11.20) | 0.02(0.2) |  | 87 | 10.75(10.35-11.17) | 10.77(10.37-11.20) | 19.63(0.2) |  | 87 | 10.75(10.35-11.17) | 10.77(10.37-11.20) | 0.02(0.2) |  |
| No Decrease | 28 | 11.43(10.62-12.29) | 11.72(10.91-12.58) | 0.29(2.5) | 0.39 | 36 | 10.80(10.32-11.31) | 10.69(10.18-11.22) | -0.11(-1.0) | 0.37 | 16 | 10.02(8.63-11.64) | 9.96(8.72-11.39) | -0.54(-0.5) | 0.67 |
| Decreased <2.6% | 24 | 11.89(11.06-12.79) | 10.28(9.56-11.05) | -1.62(-13.6) | <0.0001 | 49 | 10.46(9.97-10.97) | 10.40(9.89-10.94) | -0.06(-0.6) | 0.68 | 17 | 11.35(10.42-12.37) | 10.59(9.87-11.35) | -0.77(-6.8) | 0.03 |
| Decreased2.6-6.4% | 35 | 10.08(9.49-10.71) | 9.32(8.88-9.78) | -0.77(-7.6) | 0.008 | 27 | 9.92(9.31-10.59) | 9.516(9.01-10.05) | -0.41(-4.1) | 0.09 | 30 | 10.61(9.65-11.67) | 9.70(8.85-10.64) | -0.91(-8.6) | 0.0001 |
| Decreased >6.4% | 31 | 9.87(9.30-10.47) | 8.18(7.69-8.70) | -1.69(-17.1) | <0.0001 | 5 | 11.20(8.85-14.17) | 8.676(7.34-10.26) | -2.52(-22.5) | <0.0001 | 53 | 10.20(9.70-10.73) | 8.75(8.35-9.17) | -1.45(-14.2) | <0.0001 |
| dPtrend | <0.0001 | 0.009 | <0.0001 |
| **VEGF** |
| Control | 87 | 325.0(284.6-371.1) | 321.0(279.3--369.0) | -3.92(-1.2) |  | 87 | 325.0(284.6-371.1) | 321.0(279.3-369.0) | -3.92(-1.2) |  | 87 | 325.0(284.6-371.1) | 321.0(279.3-369.0) | -3.92(-1.2) |  |
| No Decrease | 28 | 259.5(199.7-337.2) | 256.8(196.6-335.4) | -2.68(-1.0) | 0.60 | 36 | 312.4(250.0-390.4 | 297.7(238.8-371.2) | -14.7(-4.7) | 0.15 | 16 | 343.5(267.7-440.8) | 331.5(249.3-440.6) | -12.1(-3.5) | 0.51 |
| Decreased <2.6% | 24 | 299.2(226.4-395.5) | 281.4(209.9-377.2) | -17.8(-6.0) | 0.31 | 49 | 307.9(253.0-374.8 | 304.3(249.6-370.9) | -3.64(-1.2) | 0.91 | 17 | 432.8(317.4-590.0) | 408.5(296.6-562.6) | -24.2(-5.6) | 0.34 |
| Decreased2.6-6.4% | 35 | 265.3(214.9-327.5) | 243.5(198.2-299.2) | -21.8(-8.2) | 0.009 | 27 | 292.8(228.2-375.7 | 283.2(220.8-363.2) | -9.60(-3.3) | 0.49 | 30 | 282.1(219.5-362.6) | 260.1(202.5-334.2) | -22.0(-7.8) | 0.08 |
| Decreased >6.4% | 31 | 366.3(284.0-472.5) | 307.7(240.2-394.3) | -58.6(-16.0) | <0.0001 | 5 | 353.4(210.1-594.5) | 318.8(197.6-514.5) | -34.6(-9.8) | 0.08 | 53 | 286.7(230.9-356.0) | 245.5(198.6-303.7) | -41.1(-14.3) | <0.0001 |
| dPtrend | <0.0001 | 0.40 | <0.0001 |

aGM: geometric mean.

bAnalyses stratified by change in percent body-fat, using all available data, . adjusted for age, baseline BMI (<30kg/m2, >30kg/m2), race/ethnicity.

Pc: p-value obtained from GEE model comparing the difference in change of biomarkers from baseline to 12-months in intervention group vs control within strata of change in percent body-fat.

dPtrend: p-value obtained from GEE model testing the linear trend in the change of the biomarkers from baseline to 12-month from Control through all levels of change in percent body-fat.

e Change at 12-month from baseline