

SUPPLEMENTARY DATA

Supplemental Table 1. Pre-dinner and Pre-Overnight Blood Glucose OL vs. CL control

Sedentary	OL-S	CL-S	p-value
5P.M.	122 ± 54	130 ± 32	0.67
10P.M.	159 ± 36	120 ± 30	0.003
Exercise	OL-E	CL-E	p-value
5P.M.	121 ± 56	100 ± 19	0.25
10P.m.	146 ± 69	132 ± 45	0.49