

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

		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 ($n = 37$).