

ICMJE DISCLOSURE FORM

Date: 7/1/2022

Your Name: Andreas L. Birkenfeld

Manuscript Title: Exercise restores brain insulin sensitivity in sedentary overweight and obese adults

Manuscript Number (if known): 161498-INS-CMED-1

In the interest of transparency, we ask you to disclose all relationships/activities/interests listed below that are related to the content of your manuscript. "Related" means any relation with for-profit or not-for-profit third parties whose interests may be affected by the content of the manuscript. Disclosure represents a commitment to transparency and does not necessarily indicate a bias. If you are in doubt about whether to list a relationship/activity/interest, it is preferable that you do so.

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ICMJE DISCLOSURE FORM

Date: 7/1/2022

Your Name: Hans-Ulrich Häring

Manuscript Title: Exercise restores brain insulin sensitivity in sedentary overweight and obese adults

Manuscript Number (if known): 161498-INS-CMED-1

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ICMJE DISCLOSURE FORM

Date: 7/1/2022

Your Name: Martin Heni

Manuscript Title: Exercise restores brain insulin sensitivity in sedentary overweight and obese adults

Manuscript Number (if known): 161498-INS-CMED-1

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ICMJE DISCLOSURE FORM

Date: 7/1/2022

Your Name: Miriam Hoene

Manuscript Title: Exercise restores brain insulin sensitivity in sedentary overweight and obese adults

Manuscript Number (if known): 161498-INS-CMED-1

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ICMJE DISCLOSURE FORM

Date: 7/1/2022

Your Name: Christoph Hoffmann

Manuscript Title: Exercise restores brain insulin sensitivity in sedentary overweight and obese adults

Manuscript Number (if known): 161498-INS-CMED-1

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12	Receipt of equipment, materials, drugs, medical writing, gifts or other services	<input checked="" type="checkbox"/> None	
13	Other financial or non-financial interests	<input checked="" type="checkbox"/> None	

Please place an "X" next to the following statement to indicate your agreement:

I certify that I have answered every question and have not altered the wording of any of the questions on this form.

ICMJE DISCLOSURE FORM

Date: 7/1/2022

Your Name: Stephanie Kullmann

Manuscript Title: Exercise restores brain insulin sensitivity in sedentary overweight and obese adults

Manuscript Number (if known): 161498-INS-CMED-1

In the interest of transparency, we ask you to disclose all relationships/activities/interests listed below that are related to the content of your manuscript. "Related" means any relation with for-profit or not-for-profit third parties whose interests may be affected by the content of the manuscript. Disclosure represents a commitment to transparency and does not necessarily indicate a bias. If you are in doubt about whether to list a relationship/activity/interest, it is preferable that you do so.

The author's relationships/activities/interests should be defined broadly. For example, if your manuscript pertains to the epidemiology of hypertension, you should declare all relationships with manufacturers of antihypertensive medication, even if that medication is not mentioned in the manuscript.

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ICMJE DISCLOSURE FORM

Date: 7/1/2022

Your Name: Jürgen Machann

Manuscript Title: Exercise restores brain insulin sensitivity in sedentary overweight and obese adults

Manuscript Number (if known): 161498-INS-CMED-1

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ICMJE DISCLOSURE FORM

Date: 7/1/2022

Your Name: Anja Moller

Manuscript Title: Exercise restores brain insulin sensitivity in sedentary overweight and obese adults

Manuscript Number (if known): 161498-INS-CMED-1

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ICMJE DISCLOSURE FORM

Date: 7/1/2022

Your Name: Andreas Niess

Manuscript Title: Exercise restores brain insulin sensitivity in sedentary overweight and obese adults

Manuscript Number (if known): 161498-INS-CMED-1

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I certify that I have answered every question and have not altered the wording of any of the questions on this form.

ICMJE DISCLOSURE FORM

Date: 7/1/2022

Your Name: Andreas Peter

Manuscript Title: Exercise restores brain insulin sensitivity in sedentary overweight and obese adults

Manuscript Number (if known): 161498-INS-CMED-1

In the interest of transparency, we ask you to disclose all relationships/activities/interests listed below that are related to the content of your manuscript. "Related" means any relation with for-profit or not-for-profit third parties whose interests may be affected by the content of the manuscript. Disclosure represents a commitment to transparency and does not necessarily indicate a bias. If you are in doubt about whether to list a relationship/activity/interest, it is preferable that you do so.

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ICMJE DISCLOSURE FORM

Date: 7/1/2022

Your Name: Hubert Preissl

Manuscript Title: Exercise restores brain insulin sensitivity in sedentary overweight and obese adults

Manuscript Number (if known): 161498-INS-CMED-1

In the interest of transparency, we ask you to disclose all relationships/activities/interests listed below that are related to the content of your manuscript. "Related" means any relation with for-profit or not-for-profit third parties whose interests may be affected by the content of the manuscript. Disclosure represents a commitment to transparency and does not necessarily indicate a bias. If you are in doubt about whether to list a relationship/activity/interest, it is preferable that you do so.

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ICMJE DISCLOSURE FORM

Date: 7/1/2022

Your Name: Patrick Schneeweiss

Manuscript Title: Exercise restores brain insulin sensitivity in sedentary overweight and obese adults

Manuscript Number (if known): 161498-INS-CMED-1

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ICMJE DISCLOSURE FORM

Date: 7/1/2022

Your Name: Ralf Veit

Manuscript Title: Exercise restores brain insulin sensitivity in sedentary overweight and obese adults

Manuscript Number (if known): 161498-INS-CMED-1

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ICMJE DISCLOSURE FORM

Date: 7/1/2022

Your Name: Lore Wagner

Manuscript Title: Exercise restores brain insulin sensitivity in sedentary overweight and obese adults

Manuscript Number (if known): 161498-INS-CMED-1

In the interest of transparency, we ask you to disclose all relationships/activities/interests listed below that are related to the content of your manuscript. "Related" means any relation with for-profit or not-for-profit third parties whose interests may be affected by the content of the manuscript. Disclosure represents a commitment to transparency and does not necessarily indicate a bias. If you are in doubt about whether to list a relationship/activity/interest, it is preferable that you do so.

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Date: 7/1/2022

Your Name: Cora Weigert

Manuscript Title: Exercise restores brain insulin sensitivity in sedentary overweight and obese adults

Manuscript Number (if known): 161498-INS-CMED-1

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CONSORT 2010 checklist of information to include when reporting a randomised trial*

Section/Topic	Item No	Checklist item	Reported on page No
Title and abstract			
	1a	Identification as a randomised trial in the title	NA
	1b	Structured summary of trial design, methods, results, and conclusions (for specific guidance see CONSORT for abstracts)	2
Introduction			
Background and objectives	2a	Scientific background and explanation of rationale	3-4
	2b	Specific objectives or hypotheses	4
Methods			
Trial design	3a	Description of trial design (such as parallel, factorial) including allocation ratio	14
	3b	Important changes to methods after trial commencement (such as eligibility criteria), with reasons	14
Participants	4a	Eligibility criteria for participants	14
	4b	Settings and locations where the data were collected	18
Interventions	5	The interventions for each group with sufficient details to allow replication, including how and when they were actually administered	14
Outcomes	6a	Completely defined pre-specified primary and secondary outcome measures, including how and when they were assessed	14
	6b	Any changes to trial outcomes after the trial commenced, with reasons	NA
Sample size	7a	How sample size was determined	NA
	7b	When applicable, explanation of any interim analyses and stopping guidelines	NA
Randomisation:			
Sequence generation	8a	Method used to generate the random allocation sequence	
	8b	Type of randomisation; details of any restriction (such as blocking and block size)	NA
Allocation concealment mechanism	9	Mechanism used to implement the random allocation sequence (such as sequentially numbered containers), describing any steps taken to conceal the sequence until interventions were assigned	NA
Implementation	10	Who generated the random allocation sequence, who enrolled participants, and who assigned participants to interventions	NA
Blinding	11a	If done, who was blinded after assignment to interventions (for example, participants, care providers, those	NA

		assessing outcomes) and how	
	11b	If relevant, description of the similarity of interventions	
Statistical methods	12a	Statistical methods used to compare groups for primary and secondary outcomes	17-18
	12b	Methods for additional analyses, such as subgroup analyses and adjusted analyses	17-18
Results			
Participant flow (a diagram is strongly recommended)	13a	For each group, the numbers of participants who were randomly assigned, received intended treatment, and were analysed for the primary outcome	NA
	13b	For each group, losses and exclusions after randomisation, together with reasons	14
Recruitment	14a	Dates defining the periods of recruitment and follow-up	NA
	14b	Why the trial ended or was stopped	NA
Baseline data	15	A table showing baseline demographic and clinical characteristics for each group	29
Numbers analysed	16	For each group, number of participants (denominator) included in each analysis and whether the analysis was by original assigned groups	NA
Outcomes and estimation	17a	For each primary and secondary outcome, results for each group, and the estimated effect size and its precision (such as 95% confidence interval)	29
	17b	For binary outcomes, presentation of both absolute and relative effect sizes is recommended	NA
Ancillary analyses	18	Results of any other analyses performed, including subgroup analyses and adjusted analyses, distinguishing pre-specified from exploratory	5-9
Harms	19	All important harms or unintended effects in each group (for specific guidance see CONSORT for harms)	NA
Discussion			
Limitations	20	Trial limitations, addressing sources of potential bias, imprecision, and, if relevant, multiplicity of analyses	NA
Generalisability	21	Generalisability (external validity, applicability) of the trial findings	10
Interpretation	22	Interpretation consistent with results, balancing benefits and harms, and considering other relevant evidence	10
Other information			
Registration	23	Registration number and name of trial registry	2
Protocol	24	Where the full trial protocol can be accessed, if available	2
Funding	25	Sources of funding and other support (such as supply of drugs), role of funders	

*We strongly recommend reading this statement in conjunction with the CONSORT 2010 Explanation and Elaboration for important clarifications on all the items. If relevant, we also recommend reading CONSORT extensions for cluster randomised trials, non-inferiority and equivalence trials, non-pharmacological treatments, herbal interventions, and pragmatic trials. Additional extensions are forthcoming: for those and for up to date references relevant to this checklist, see www.consort-statement.org.