

Supplementary Data:

Table S1. Initial respondents' Physical Activity level as reported through the Quick Physical Activity Scale (QPAR).

Type of activity	No of days per week			
	0	1-2 days	3-4 days	5-7 days
Participate in sitting activities such as reading, discussion groups, handicrafts	71.9	19.3	.9	7.9
Walk outside for any reason such as leisure or exercise, or around a track or path	43.1	32.8	10.3	13.8
Engage in light activities such as playing billiards, fishing, casual bike ride	85.1	10.5	1.8	2.6
Engage in moderate activities such as tennis, dancing, hiking	92.2	7.0	0	.9
Engage in strenuous activities such as jogging, swimming, cycling, hiking (hilly terrain) or climbing many stairs	95.6	3.5	0	.9
Any exercises to increase muscle strength or endurance like lifting weights, push-ups, chin-ups, pull-ups	82.8	12.1	3.4	1.7
Engage in flexibility activities such as stretching, yoga, tai chi	90.2	5.4	.9	3.6
Any light housework or labor such as dusting, washing dishes, mopping floor, ironing, or office work	10.7	2.9	4.9	81.6
Any moderate housework or labor such as sweeping, washing windows, washing car, scrubbing floor, washing clothes or moderate manual labor	60.7	25.2	3.7	10.3
Any heavy housework or labor such as home repairs, painting, garden work, moving furniture or heavy manual labor	73.0	20.7	2.7	3.6

*Data presented as a percentage of overall participants.

Table S2. Effect of 20-week ERS between control and treatment group at different timepoints.

Parameters	Timepoint	Control		Intervention	
		Mean	SD	Mean	SD
Weight (kg)	Week 10	1.00	0.04	0.98*	0.03
	Week 20	0.99	0.04	0.97**	0.03
Waist Circumference (cm)	Week 10	1.01	0.04	0.99**	0.03
	Week 20	1.01	0.06	0.96***	0.03
Fasting Blood Sugar (mmol/L)	Week 10	1.09	0.32	0.92*	0.23
	Week 20	0.98	0.16	0.98	0.18
HBA1c (%)	Week 10	1.33	1.70	0.94	0.10
	Week 20	1.01	0.09	0.94*	0.08
Cholesterol (mmol/L)	Week 10	1.03	0.18	0.88**	0.17
	Week 20	0.99	0.18	0.98	0.17
Triglyceride (mmol/L)	Week 10	1.20	1.12	1.15	0.50
	Week 20	1.15	1.12	0.99	0.38
BMI (Kg/m²)	Week 10	1.00	0.04	0.98*	0.03
	Week 20	0.99	0.04	0.96***	0.03

Day 0 measurements taken as baseline data for normalization, data presented as fold change of mean values recorded at each time point for individual parameters assessed. Statistical significance against control group denoted at * $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$.