

1Supplementary file 2: Least and most active patients

			Least active	Most active
Demographics	AGE		37.67	49.40
	Gender		6 Female, 3 Male	6 Female, 4 Male
Clinical	BMI		25.50	25.82
	DM.Years		23.44	22.30
	HbA1C.before.study		63.33	61.30
	HbA1C.after.study		62.00	57.80
PAID - Problem Areas in Diabetes	Total	before	27.64	13.13*
		after	24.72	10.38*
		difference	-2.92	-2.75
	Emotional	before	19.86	9.50*
		after	16.81	8.13
		difference	-3.06	-1.38
	Trx	before	2.22	2.00
		after	2.08	0.50
		difference	-0.14	-1.50
	Food	before	4.72	1.25**
		after	4.44	1.25*
		difference	-0.28	0.00
	Social	before	0.83	0.38
		after	1.39	0.50
		difference	0.56	0.13
HFS - Hypoglycemia Fear Survey	before	28.11	23.50	
	after	27.13	23.90	
	difference	-0.75	0.40	
CIDS - Confidence in Diabetes Self-Care Scale	before	77.81	81.25	
	after	79.58	84.63	
	difference	2.34	2.36	

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