

Supplemental Table. Habitual physical activity level during 12 weeks of endurance exercise training in healthy young males receiving either placebo or protein supplementation

	PLA (<i>n</i> =26)			PRO (<i>n</i> =29)			<i>P</i> value	
	Pre	Week 6	Week 12	Pre	Week 6	Week 12	Time	Time x treatment
Sedentary (%)	62.8±6.2	61.3±5.1	59.9±7.6	63.7±6.4	64.8±7.4	65.1±8.8	0.60	0.054
Light (%)	25.1±3.6	26.0±3.8	25.7±3.7	24.9±4.3	23.7±4.8	23.7±5.7	0.82	0.065
Moderate to vigorous (%)	12.1±3.6	12.7±2.6	13.0±3.2	11.4±2.8	11.5±3.4	10.9±3.4	0.68	0.13

Pre, week 6 and week 12 data are presented as means±SD and are all normally distributed. Week 6 data were missing from 1 participant in the PRO group.