**C-SLE PATIENTS**

- Invited to participate (n = 27)
  - Did not accept (n = 3)
    - Did not meet the inclusion criteria (n = 4)
  - Met the inclusion criteria (n = 20)
    - Randomized (n = 20)
      - Allocated to trained group (n = 10)
      - Allocated to non-trained group (n = 10)
        - Trained group (TR; n = 10)
        - Non-trained group (NT; n = 9)

**HEALTHY CONTROLS**

- Invited to participate (n = 20)
  - Did not accept (n = 10)
- Met the inclusion criteria (n = 10)
  - Allocated to healthy control group (n = 10)
    - Withdrew for personal reasons (n = 1)
    - Healthy control group (C; n = 10)