Assessed for eligibility (n = 23)

Excluded missing reliable metabolic data (n = 4),
Refused to participate (n = 1), Personal reasons (n = 2)

Randomized (n = 16)

Allocated to Exercise Group (EG) (n = 9).
All received allocated intervention (n = 9).

Allocated to Control Group (CG) (n = 7). Received allocated intervention (n = 6). Did not receive allocated intervention (exercised despite CG) (n = 1).

Care providers; centers (n = 3) performing the intervention. Patients treated at each center; Karolinska (n = 6), Akademiska (n = 2), Sahlgrenska (n = 1).

Care providers; centers (n = 3) performing the intervention. Patients treated at each center; Karolinska (n = 5), Akademiska (n = 0), Sahlgrenska (n = 1).

Followed-up (n = 9).
All performed the intervention (n = 9).

Followed-up (n = 6).

Analyzed in EG (n = 9).
All included in analysis.

Analyzed in CG (n = 6).