a) TGSH (µmol)
b) GSSG (µmol)
c) GSSG/TGSH ratio
d) ORAC (µmol Trolox equivalent)

Months: Baseline, Week 4, Week 7

Legend:
- at rest before submaximal exercise
- after exercise

Significance levels indicated:
- ** for p < 0.01
- *** for p < 0.001
- $ for p < 0.05
- $ for p < 0.01
- ^ for p < 0.05
- ^ for p < 0.01

Notes:
- Data points were statistically analyzed using pairwise comparisons.
(h:min)

a) Daytime VLPA

b) Daytime MVPA

c) Nighttime MVPA

Weeks 1-2  Weeks 3-4  Weeks 5-6  Weeks 7-8