

Table S2. Heart Rate Data: min/day during which HR was over 110 bpm in entire cohort (1066-5 excluded for baseline HR > 110 for over 4 hours at baseline which was taken to indicate resting tachycardia and not physical activity for total of 1061 individuals with complete HR data).

	HR >110 Start	HR >110 End	HR >110 Difference	HR >120 Start	HR >120 End	HR >120 Difference	P value
ALL (1061)	28.804901	32.163581	3.35868	13.538172	14.06405	0.525878	0.000797538931
Healthy (764)	28.328534	31.265665	2.937131	13.729058	14.142487	0.413429	0.009413227012
Pre (204)	30.083333	36.371769	6.288436	13.691176	15.254442	1.554266	0.02326902359
T2D (93)	29.913978	30.309144	0.395165	11.634409	10.828241	-0.806168	0.8849884236

*P-values calculated using Student's paired t-test with end-study (28 days) versus baseline data.

*P-values calculated using Student's paired t-test with end-study (28 days) versus baseline data.