**CONSORT 2010 Flow Diagram**

Analysed (n=19 ), non exercise activity evaluated as sedentary time
 Excluded from analysis (give reasons) (n=4 ), invalid readings from actical

Analysed (n= 15 ) for core temperature
 Excluded from analysis (give reasons) (n= 8), invalid readings or failure in readings

Analysed (n= 15 ) for chamber
 Excluded from analysis (give reasons) (n= 8), invalid readings or failure in measuring

## Follow-Up (N/A)

Analysed (n= 21 ) for ad libitum food intake
 Excluded from analysis (give reasons) (n= 2 ), invalid food intake data

## Analysis

Lost to follow-up (give reasons) (n= )

Discontinued intervention (give reasons) (n= )

Lost to follow-up (give reasons) (n= )

Discontinued intervention (give reasons) (n= )

## Enrollment

Allocated to Overfeeding diet (n= 12 )

 Received overfeeding diet (n= 12 )

 Did not receive allocated intervention (give reasons) (n= 0 )

## Allocation (N/A)

Allocated to Weight maintenance diet (n=11 )

 Received weight maintenance diet (n=11 )

 Did not receive allocated intervention (give reasons) (n= 11 )

Randomized (n=23)

Excluded (n= 8 )

  Not meeting inclusion criteria (n=8 )

  Declined to participate (n= 0 )

  Other reasons (n= 0 )

Assessed for eligibility (n=31 )