



Correction

Correction: Minimal Intensity Physical Activity (Standing and Walking) of Longer Duration Improves Insulin Action and Plasma Lipids More than Shorter Periods of Moderate to Vigorous Exercise (Cycling) in Sedentary Subjects When Energy Expenditure Is Comparable

The *PLOS ONE* Staff

There is an error in the third sentence of the Methodology/ Principle Findings section of the Abstract. The correct sentence is: The sitting and exercise regime had comparable numbers of sitting hours; compared to the exercise regime, the minimal intensity PA regime had a higher estimated daily energy expenditure (238kcal/day).

There is an error in the sixth sentence of the Methodology/ Principle Findings section of the Abstract. The correct sentence is: In the sitting regime, daily energy expenditure was about 300 and 500 kcal lower than in the exercise and minimal intensity PA regimes respectively.

There is an error in the second sentence of the Physical activity, postural allocation and energy intake and expenditure segment of the Results section. The correct sentence is: During the exercise regime all participants had a daily, 1 hour bicycle exercise with a mean increase of heart rate of 52 ± 3 beats/min, resulting in an estimated energy expenditure of 367 ± 5 kcal.

There is an error in the penultimate sentence of the Physical activity, postural allocation and energy intake and expenditure segment of the Results section. The correct sentence is: Compared to the sitting regime, estimated DEE was about 300 and 500 kcal higher during the exercise and minimal intensity PA regimes respectively; estimated DEE was 238 kcal/day higher during the minimal intensity PA in comparison to the exercise regime: 2248 vs 2486 kcal/day ($p < 0.001$).

There is an error in the fourth sentence of the second paragraph in the Discussion section. The correct sentence is: Participants followed the imposed regimes well, and as sleeping time was the same in the three regimes, estimated DEE was increased by 314 kcal during the exercise regime and with 553 kcal during the minimal intensity PA regime.

There is an error in Table 2. In the Daily Energy Expenditure row, the data is incorrect in the Exercise regime column and the p exerc vs MIPA column. Please see the corrected table below.

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Table 2. Daily energy intake and expenditure, time spent in activity categories and glucose metabolism and plasma lipids.

	Sitting regime	Exercise regime	Minimal intensity PA regime	p-value	p sit vs exerc.	p sit vs MIPA	p exerc vs MIPA
Daily Energy intake (kcal, n = 18)	1539(427)	1477(352)	1394(292)	0.136			
Proteins (g, n = 18)	61.1(14.8)	59.7(13.5)	55.6(13.4)	0.165			
Fat (g, n = 18)	54.5(14.7)	50.2(19.6)	50.1(12.2)	0.248			
Carbohydrates (g, n = 18)	199.0(68.9)	196.7(48.9)	180.0(51.2)	0.227			
Daily Energy Expenditure (kcal, n = 16)	1934(88)	2248(93)	2486(121)	<0.001	<0.001	<0.001	<0.001
Sitting time (hr, n = 17)	13.6(1.2)	12.7(1.7)	7.4(1.3)	<0.001	0.002	<0.001	<0.001
Standing time (hr, n = 17)	0.99(0.50)	1.08(0.48)	3.08(0.88)	<0.001	0.166	<0.001	<0.001
Active-not exercise time (hr, n = 17)	0.81(0.29)	1.01(0.26)	4.85(0.63)	<0.001	0.001	<0.001	<0.001
Sleeping time (hr, n = 17)	8.58(0.74)	8.17(1.37)	8.65(0.93)	0.200			
Steps/day (n = 16)	4324(1485)	6049(1402)	27590(3724)	<0.001	<0.001	<0.001	<0.001
Triglycerides (mmol/l; n = 18)	0.90(0.26)	0.85(0.35)	0.70(0.23)	0.007	0.326	0.002	0.029
Total Cholesterol (mmol/l; n = 18)	4.20(0.67)	4.11(0.60)	3.96(0.50)	0.171			
HDL-Cholesterol (mmol/l; n = 18)	1.26(0.34)	1.27(0.28)	1.30(0.30)	0.686			
Non-HDL-Cholesterol (mmol/l; n = 18)	2.94(0.47)	2.84(0.57)	2.65(0.48)	0.011	0.275	0.007	0.048
LDL-Cholesterol (mmol/l; n = 18)	2.53(0.51)	2.45(0.57)	2.34(0.49)	0.094			
Apo A-I (g/l; n = 18)	1.57(0.24)	1.57(0.21)	1.55(0.21)	0.905			
Apo B (g/l; n = 18)	0.75(0.12)	0.70(0.16)	0.69(0.14)	0.022	0.052	0.005	0.627
Insulin Sensitivity Index (n = 17)	20.4(8.2)	22.8(9.9)	26.3(11.7)	0.052	0.246	0.051	0.036
Fasting Glucose (mmol/ml; n = 17)	4.6(0.4)	4.5(0.3)	4.5(0.4)	0.681			
Fasting Insulin (mU/ml; n = 18)	11.5(9.0)	9.4(4.4)	8.5(4.0)	0.310			
AUC glucose (mmol min/ml; n = 17)	715.7(135.7)	765.8(115.9)	754.9(141.8)	0.171			
AUC insulin (mU min/ml; n = 18)	7752.0(3015.4)	8320.4(5383.7)	6727.3(4329.4)	0.005	0.841	0.010	0.002
AUC C-peptide (nmol min/l; n = 18)	217.4(76.6)	219.2(67.4)	193.0(63.7)	0.104			

Plasma lipids, glucose, insulin and C-peptide levels were assessed in fasting state. Second, third and fourth column contain average values and standard deviations for each of the regimes. The fifth column represents the level of significance for repeated measurements ANOVA. Column six to eight give the statistical significance for pairwise comparisons of the regimes (Least Significant Differences, p-values were not corrected for multiple testing). For pairwise comparing, p-values less than 0.017 were considered significant.

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Reference

1. Duvivier BMFM, Schaper NC, Bremers MA, van Crombrugge G, Menheere PPCA, et al. (2013) Minimal Intensity Physical Activity (Standing and Walking) of Longer Duration Improves Insulin Action and Plasma Lipids More than Shorter Periods of Moderate to Vigorous Exercise (Cycling) in Sedentary Subjects When Energy Expenditure Is Comparable. *PLoS ONE* 8(2): e55542. doi:10.1371/journal.pone.0055542