Supplementary Table 1: Mean (SD) measures of body composition in non-diabetic men and women before and after weight-loss

	WOMEN			MEN		
	Baseline[a] (n=40)	Follow-up[a] (n=37)	Mean Change (95%CI) [b]	Baseline[a] (n=48)	Follow-up[a] (n=44)	Mean Change (95%CI) [b]
Abdominal Visceral Adipose TIssue (cm^3/ 15 cm) [c]	2852 (1085.2)	2367 (1020)	-466 (-561,-371)	4807 (1148)	3864 (1286)	-906 (-1091,-721)
Appendicular Lean Mass (kg)	20.4 (3.4)	19.4 (3.2)	-1.0 (-1.3,-0.7)	29.6 (3.4)	28.4 (3.3)	-1.2 (-1.5,-0.9)
Total Mass (kg)	89.3 (14.5)	83.8(15.1)	-5.8 (-6.8,-4.7)	102.8(13.3)	95.9(13.5)	-6.8 (-8.1,-5.4)
Fat Mass (kg)	38.8(8.5)	35.3(9.3)	-3.8 (-4.6,-3.0)	32.5(9.1)	27.9 (9.3)	-4.5 (-5.5,-3.6)
Abdominal Subcutaneous Adipose Tissue (cm^3/ 15 cm) [c]	5391 (1543)	4807 (1675)	-669 (-811,-526)	3932 (1634)	3388 (1557)	-531 (-676,-386)
Thigh Intermuscular Adipose Tissue (cm^3/ 5 cm) [d]	61.8 (41.1)	56 (43.9)	-4.9 (-9.6,-0.1)	66 (41.9)	55 (38.5)	-10.7 (-14.6,-6.8)
Thigh Subcutaneous Adipose Tissue(cm^3/ 5 cm) [d]	2041 (531)	1866 (566)	-199 (-259,-139)	1081 (465)	950 (435)	-125 (-162,-89)
Pericardial Adipose Tissue (cm^3/ 4.5 cm)	101.9 (36.6)	95.2 (33.3)	-6.5 (-9.3,-3.8)	145.2 (44.5)	134.7 (48.2)	-9.8 (-16.2,-3.5)
Lean Mass (kg)	48.3 (6.9)	46.4 (6.6)	-2.0 (-2.5,-1.5)	67.4 (6.8)	65.1 (6.3)	-2.3 (-2.9,-1.6)
Thigh Muscle Volume (cm^3/ 5 cm) [d]	1094 (153)	1050 (140)	-46 (-58,-34)	1577 (200)	1508 (190)	-65 (-81,-50)
Left Leg muscle attenuation (HU)	48.2 (7.6)	46.3 (7.5)	-1.8 (-3.5,-0.1)	50.4 (5.9)	52.5 (5.6)	2.1 (0.7,3.5)

Right Leg muscle attenuation (HU)	48.7 (7.1)	46.8 (6.2)	-1.7 (-3,-0.4)	49.3 (5.7)	50.9 (5.7)	1.5 (0.1,2.9)
Liver attenuation (HU)	57.5 (12.3)	61.9 (8)	4.5 (2.3,6.7)	58.8 (10)	57.7 (9.2)	-1.2 (-3.2,0.8)

[a] Baseline and Follow-Up means and standard deviations are unadjusted for other factors.

[b] The overall estimate of change was obtained as a contrast taking the average of the four group means adjusted for the baseline measurement. The analysis of covariance model used to obtain the contrast of the 4 group means contained main effects for each intervention and the interaction term between interventions.

[c] The volumes of abdominal visceral, subcutaneous, and intermuscular fat were measured in a 15 cm section of the abdomen centered at the junction of the lumbar 4^{th} and 5^{th} vertebra as demonstrated on the lateral scout.

[d] Thigh muscle and adipose tissue was measured using a 5 cm section of the thigh centered at the junction of the proximal and middle third of the femur.