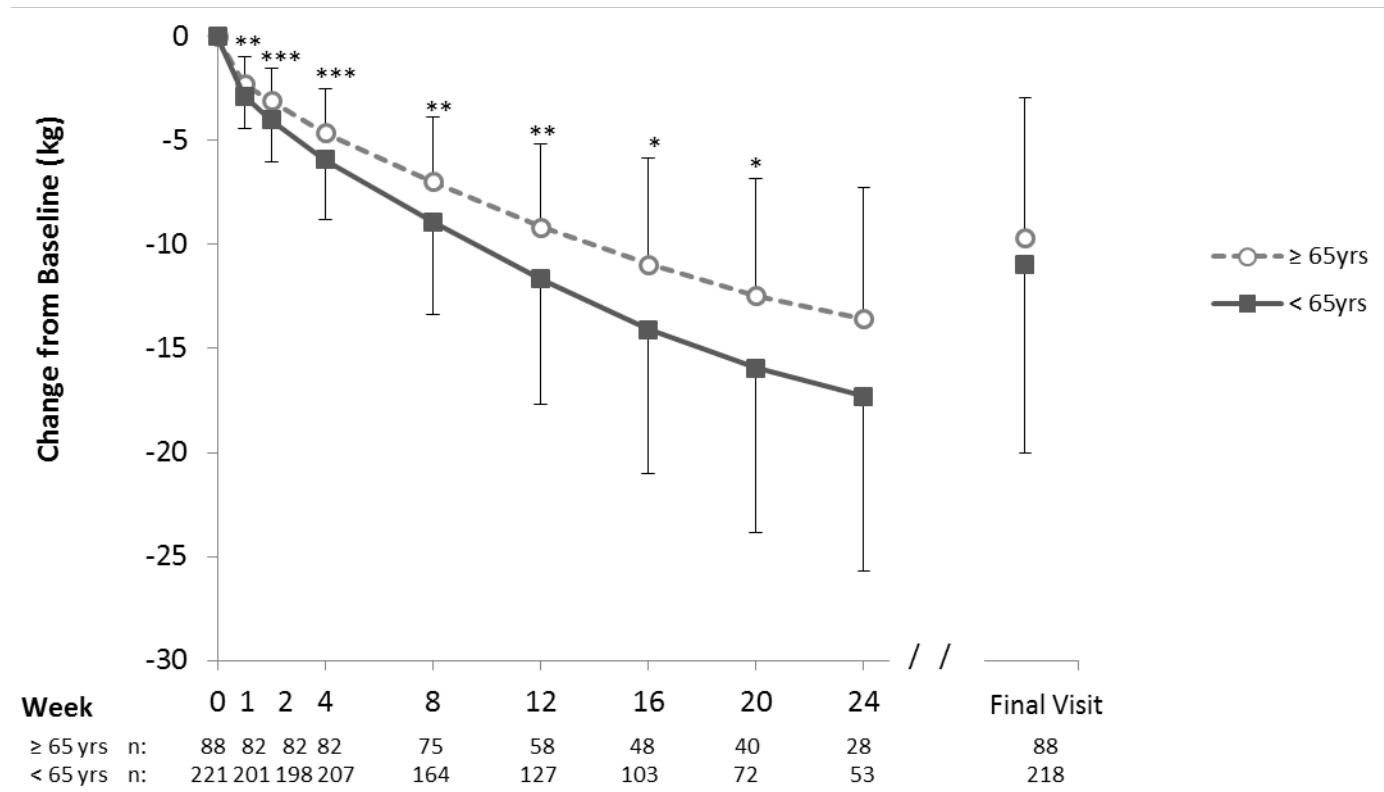
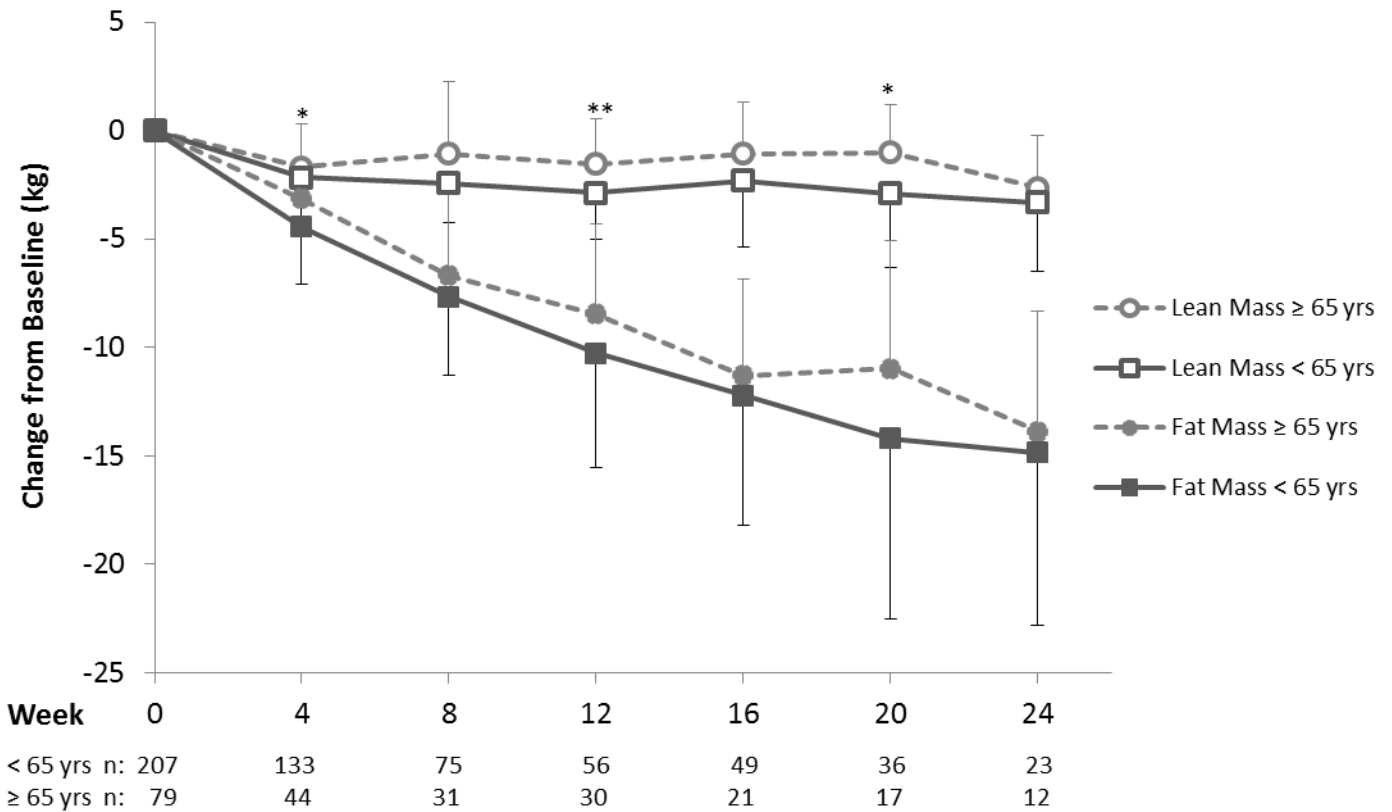


### Change from Baseline Body Weight (SD) for Completers by Age Group



Mean ( $\pm$ SD) change from baseline body weight by age group (<65 and  $\geq$  65 years) for the Completers population which included all individuals with weight data at the given visit; sample sizes are designated below the graph. Final Visit represents an individual's last visit to the MWCC while on the 4 & 2 & 1 Plan. Significance level for within group changes from baseline were  $p < 0.0001$  in both age groups at all time points. Significance levels for between group comparisons using bivariate t-tests at each time point are shown: \* $p < 0.05$ ; \*\* $p < 0.01$ ; \*\*\* $p < 0.0001$ .

### Change from Baseline Lean and Fat Mass (SD) for Completers by Age Group



Mean change from baseline lean body mass and body fat mass for Completers by age group (<65 and ≥ 65 years). The Completers population included all individuals with weight data at the given visit; sample sizes are designated below the graph. Significance level for all within group changes from baseline were  $p < 0.01$  for fat mass and  $p < 0.05$  for lean mass in both age groups at all time points. Significance levels for between group comparisons using bivariate t-tests at each time point are shown: \* $p < 0.05$ ; \*\* $p < 0.01$ .