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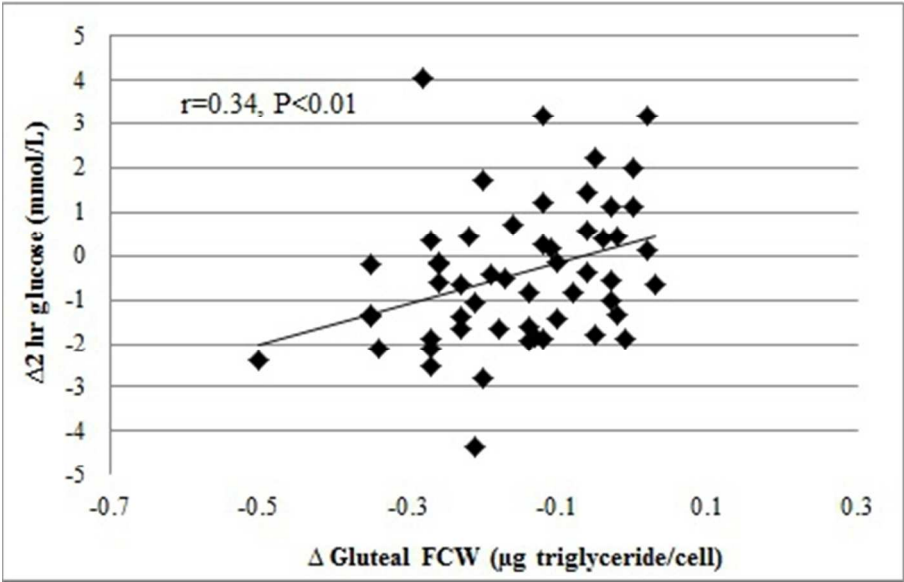


Figure 3B  
119x76mm (96 x 96 DPI)

Peer Review

Supplementary Table

	WL				AEX+WL				Intervention*	Intervention	Group
	NGT (N=15)		IGT (N=13)		NGT (N=20)		IGT (N=12)				
	Pre	Post	Pre	Post	Pre	Post	Pre	Post			
Weight (kg)	93.4±4.2	87.0±4.3‡	89.0±4.0	81.3±3.7‡	80.9±2.3	73.5±2.4‡	92.8±5.8	85.5±5.2‡	NS	NS	NS
BMI (kg/m <sup>2</sup> )	34.0±1.5	31.6±1.5‡	34.1±1.3	31.2±1.2‡	30.6±0.9	27.8±0.9‡	35.1±1.9	32.4±1.8‡	NS	NS	NS
Waist circumference (cm)	99.1±2.9	93.2±2.4‡	102.5±3.8	96.6±3.1‡	89.1±1.0	83.8±1.3‡	105.0±5.2	100.6±5.3‡	NS	NS	NS
Hip circumference (cm)	120.2±3.2	114.5±3.0‡	116.3±4.7	111.7±4.6‡	112.8±1.7	107.3±1.5‡	124.9±4.4	117.9±4.2‡	NS	NS	NS
Waist to hip ratio	0.82±0.01	0.81±0.02	0.88±0.02	0.87±0.02	0.79±0.01	0.78±0.01	0.84±0.02	0.84±0.02	NS	NS	NS
Body fat (%)	47.9±1.2	45.9±1.5‡	48.6±0.9	45.5±1.1‡	45.7±1.1	40.8±1.5‡	48.8±1.7	45.7±2.0‡	NS	NS	NS
Total body fat mass (kg)	44.6±2.6	39.6±2.7‡	44.1±2.8	37.6±2.6‡	37.7±1.8	30.9±2.0‡	45.8±4.3	40.0±4.0‡	NS	NS	NS
Total body fat-free mass (kg)	47.3±1.3	45.7±1.5‡	45.9±1.7	43.5±1.6‡	44.2±1.1	43.6±1.1	47.0±2.9	46.0±2.1	NS	<0.05	NS
Android fat mass (kg)	3.90±0.32	3.48±0.37‡	3.87±0.30	3.22±0.24‡	2.96±0.21	2.30±0.22‡	3.86±0.40	3.31±0.38‡	NS	NS	NS
Gynoid fat mass (kg)	8.13±0.47	7.16±0.49‡	7.50±0.48	6.40±0.46‡	7.24±0.29	5.87±0.34‡	8.02±0.58	6.99±0.54‡	NS	NS	NS
Android/gynoid fat mass	0.474±0.020	0.476±0.027	0.516±0.018	0.509±0.022	0.403±0.013	0.380±0.016‡	0.471±0.020	0.457±0.025	NS	<0.05	NS
Visceral abdominal fat area (cm <sup>2</sup> )	159.1±20.8	138.8±18.2	163.3±13.7	139.8±10.9‡	118.5±10.9	98.2±9.7‡	206.1±36.3	180.5±29.5	NS	<0.01	<0.05
Subcutaneous/abdominal fat area (cm <sup>2</sup> )	461.0±59.5	477.6±33.0	396.4±40.6	334.7±62.8	397.3±21.5	320.1±22.4‡	442.7±72.8	374.4±77.3‡	NS	<0.05	NS
Visceral to subcutaneous abdominal fat ratio	0.35±0.09	0.26±0.05	0.39±0.08	0.44±0.09	0.29±0.03	0.28±0.04	0.50±0.07	0.46±0.06	NS	NS	<0.01
Abdominal FCW (µg triglyceride/cell)	0.57±0.04	0.48±0.04‡	0.69±0.05	0.45±0.04‡*	0.54±0.02	0.43±0.03‡	0.60±0.04	0.51±0.03‡	<0.01	NS	NS
Gluteal FCW (µg triglyceride/cell)	0.62±0.04	0.52±0.04‡	0.73±0.03	0.46±0.04‡*	0.61±0.02	0.47±0.02‡	0.65±0.03	0.53±0.03‡	<0.01	NS	NS
Abdominal/gluteal FCW	0.9321±0.0370	0.9327±0.0479	0.9352±0.0542	0.9764±0.0451	0.8896±0.0328	0.9279±0.0457	0.9318±0.0473	0.9884±0.0449	NS	NS	NS
Absolute VO <sub>2</sub> max (L/min)	1.71±0.12	1.61±0.10	1.36±0.11	1.33±0.09	1.81±0.10	2.00±0.11‡	1.69±0.17	1.88±0.20‡	NS	<0.01	NS
Fasting glucose (mmol/L)	5.40±0.11	4.94±0.07‡	5.46±0.12	5.07±0.09‡	5.13±0.10	4.95±0.09‡	5.47±0.16	5.25±0.14	NS	NS	NS
Fasting insulin (pmol/L)	86±8	72±6‡	108±10	75±7‡	65±5	55±4‡	112±20	87±11‡	NS	NS	<0.05
HOMA-IR	3.46±0.34	2.64±0.23‡	4.36±0.42	2.81±0.25‡	2.46±0.18	2.02±0.16‡	4.72±0.93	3.37±0.44‡	NS	NS	<0.05
2-hr glucose (mmol/L)	5.70±0.33	5.89±0.30	8.96±0.24	7.38±0.33‡	6.00±0.21	6.37±0.29	9.01±0.34	7.38±0.40‡	NS	NS	<0.01
2-hr insulin (pmol/L)	485±100	418±67	1025±221	559±86‡	352±47	288±34	781±155	445±59‡	NS	NS	<0.01
Glucose AUC	821±27	823±33	1048±34	936±30‡	833±28	795±21	1063±39	955±41‡	NS	NS	<0.01