

**Supplementary Table S1.** Post-intervention values of anthropometric/biochemical parameters measured at second checkup according to genotypes of PPAR- $\delta$ , PPAR- $\gamma$ , and PRKAA2 SNPs.

Variables	All subjects ( <i>n</i> = 109)			PPAR- $\delta$ rs2267668						PPAR- $\gamma$ rs1801282				PRKAA2 rs1418442							
				A/A ( <i>n</i> = 66)		A/G + G/G ( <i>n</i> = 43)		C/C ( <i>n</i> = 99)		C/G + G/G ( <i>n</i> = 10)		A/A ( <i>n</i> = 64)		A/G + G/G ( <i>n</i> = 45)							
Weight (kg)	74.3	±	0.8	75.9	±	1.1	71.8	±	1.2	73.7	±	0.8	79.9	±	3.7	74.4	±	1.0	74.1	±	1.3
BMI (kg/m <sup>2</sup> )	25.3	±	0.2	25.7	±	0.3	24.7	±	0.4	25.1	±	0.2	27.5	±	0.9	25.4	±	0.3	25.3	±	0.3
Waist circumference (cm)	88.8	±	0.6	89.7	±	0.8	87.4	±	0.9	88.3	±	0.6	93.1	±	2.8	89.1	±	0.9	88.3	±	0.9
SBP (mmHg)	127	±	1	129	±	2	123	±	2	127	±	1	127	±	4	127	±	2	127	±	2
DBP (mmHg)	82	±	1	84	±	1	80	±	2	82	±	1	81	±	3	82	±	1	82	±	1
Glucose (mg/dL)	99.5	±	1.2	100.3	±	1.6	98.4	±	1.5	99.7	±	1.2	97.3	±	2.4	100.6	±	1.6	97.9	±	1.6
HbA <sub>1c</sub> (%)	5.45	±	0.05	5.48	±	0.07	5.39	±	0.04	5.45	±	0.05	5.37	±	0.11	5.50	±	0.07	5.37	±	0.04
TG (mg/dL)	112		(86–150)	120		(99–168)	94		(72–136)	111		(86–150)	128		(98–154)	115		(86–151)	109		(87–150)
AST (IU/L)	22.0		(19.0–25.0)	22.0		(19.0–26.0)	22.0		(18.0–24.0)	22.0		(18.5–24.5)	25.5		(22.0–27.8)	22.0		(19.0–24.3)	22.0		(19.0–26.0)
ALT (IU/L)	24.0		(19.0–33.0)	25.0		(20.0–35.0)	23.0		(17.5–31.0)	24.0		(19.0–32.0)	33.5		(20.3–38.0)	23.5		(19.0–34.0)	25.0		(19.0–31.0)
$\gamma$ -GTP (IU/L)	36.9		(25.6–54.5)	38.8		(27.2–56.4)	35.2		(24.1–52.1)	36.9		(25.8–53.8)	39.6		(23.8–62.9)	36.2		(25.9–57.3)	37.2		(23.9–53.6)
HDL-C (mg/dL)	52	±	1	50	±	2	54	±	2	52	±	1	47	±	2	51	±	1	52	±	2
LDL-C (mg/dL)	129	±	3	128	±	4	130	±	4	128	±	3	143	±	8	125	±	4	135	±	4
Total-C (mg/dL)	206	±	3	206	±	4	207	±	4	205	±	3	218	±	10	202	±	4	213	±	4

Values are the mean ± SE or the median (interquartile range). PPAR, peroxisome proliferator-activated receptor; PRKAA2,  $\alpha$ 2 isoform of catalytic subunit of AMP-activated protein kinase; SNP, single-nucleotide polymorphism; BMI, body mass index; SBP, systolic blood pressure; DBP, diastolic blood pressure; HbA<sub>1c</sub>, hemoglobin A<sub>1c</sub>; TG, triglyceride; AST, aspartate aminotransferase; ALT, alanine aminotransferase; GTP, glutamyl-transpeptidase, HDL-C, high density lipoprotein cholesterol; LDL-C, low density lipoprotein cholesterol; Total-C, total cholesterol.