

Table S1. Relationship between Lean Mass (kg) and indicators of muscle strength and functional capacity (continuous variables).

	r_s	p	β^*	p
Hand grip (kg)	0.751	<0.001	0.768	<0.001
Barthel score	0.225	<0.001	0.160	<0.001
Gait speed (m/sec)	0.260	<0.001	0.006	<0.001
TUG (sec)	-0.250	<0.001	-0.065	0.001
Outdoor walking (hr/day)	0.156	0.008	0.531	0.022

* ICW/LM ratio as the independent variable. ICW, intracellular water; LM, lean mass; TUG, timed up-and-go. r_s , Spearman correlation coefficient; β , linear regression coefficient; Bold indicate statistically significant results.

Table S2. Relationship between Lean Mass (kg) and indicators of functional capacity and frailty (categorical variables).

	Mean; SD (N) Lean Mass when condition present	Mean; SD (N) Lean Mass when condition not present	p	Effect size
Frailty	44.8; 9.0 (46)	48.9; 8.5 (278)	0.003	-0,48
Weight loss	45.4; 8.4 (16)	48.5; 8.6 (308)	0.127	-0,36
Exhaustion	44.4; 8.3 (64)	49.3; 8.5 (260)	<0.001	-0,58
Poor muscle strength	45.4; 8.3 (104)	49.7; 8.5 (220)	<0.001	-0,51
Poor gait speed	44.7; 8.5 (67)	49.3; 8.4 (257)	<0.001	-0,55
Poor physical activity	45.4; 8.4 (100)	49.6; 8.5 (224)	<0.001	-0,49
Outdoor life	48.7; 8.5 (288)	45.2; 9.2 (35)	0.021	0,38
Unable to stand on 1 foot for 5 sec	49.1; 8.3 (233)	46.4; 9.1 (91)	0.012	0,33
Poor physical activity	45.6; 9.1 (81)	49.2; 8.3 (243)	0.001	-0,43

ICW, intracellular water; LM, lean mass; SD, standard deviation; effect size, (mean of the group with the condition – mean of the group without the condition)/standard deviation of the group with the condition; Bold indicate statistically significant results.