

Multimedia Appendix 1. Results of anthropometric measurements and other metabolic risk factors at baseline (M0), 3 months (M3) and 12 months (M12)

| | Baseline (M0) | At 3 months (M3) | At 12 months (M12) |
|---|---------------|------------------|--------------------|
| | n=43 | n=40 | n=36 |
| Weight (kg) | | | |
| Median | 83.5 | 80.3 | 78.7 |
| Range (min, max) | 67.7, 105 | 64.5, 105 | 62.8, 107.5 |
| BMI (kg/m²) | | | |
| Median | 30.2 | 28.4 | 28 |
| Range (min, max) | 26.4, 33 | 24.3, 33.5 | 24.1, 33.5 |
| Waist circumference (cm) | | | |
| Median | 92 | 85.9 | 86.5 |
| Range (min, max) | 74, 112 | 73.3, 108 | 78.5, 110.5 |
| Body fat (kg) | | | |
| Median | 32.6 | 30.6 | 29.2 |
| Range (min, max) | 25.9, 45 | 18.1, 46.1 | 17.2, 43.3 |
| Body fat (%) | | | |
| Median | 40.5 | 39.0 | 37.9 |
| Range (min, max) | 27.8, 48.5 | 22.2, 45 | 21.3, 46.9 |
| HbA1c (%) | | | |
| Median | 5.2 | 5.1 | 5.2 |
| Range (min, max) | 4.7, 5.9 | 4.6, 5.8 | 4.6, 5.8 |
| Blood glucose (mmol/L) | | | |
| Median | 6 | 5.8 | 6 |
| Range (min, max) | 5, 7.4 | 4.8, 7.2 | 4.8, 7.2 |
| Insulin (mIU/L) | | | |
| Median | 9 | 7.2 | 7.55 |
| Range (min, max) | 3.7, 27.2 | 2.5, 34.5 | 2.6, 45.4 |
| Triglyceride (mmol/L) | | | |
| Median | 1.12 | 1.07 | 0.95 |
| Range (min, max) | 0.58, 4.38 | 0.5, 4.66 | 0.57, 3.96 |
| HDL cholesterol (mmol/L) | | | |
| Median | 1.56 | 1.36 | 1.54 |
| Range (min, max) | 0.88, 2.35 | 0.9, 2.23 | 0.87, 2.43 |
| Blood pressure systolic (mm Hg) | | | |
| Median | 135.3 | 130.2 | 125.2 |
| Range (min, max) | 109.3, 159 | 103.7, 161.3 | 104.7, 145.6 |
| Blood pressure diastolic (mm Hg) | | | |
| Median | 83.3 | 83 | 80.8 |
| Range (min, max) | 71, 102 | 59.3, 106.3 | 60.3, 99 |