

APPENDIX 1: Individual data of weight change of all women by groups

	Exer+nutr group weight change	Nutrition group weight change	Exercise group weight change	Control group weigh change
1	-1.5	-4.8	0.1	0
2	-4.9	-3.3	-0.2	-10.8
3	-1.8	-4.9	-4.3	2.8
4	-3.1	-7.1	-1.5	4.6
5	-3.1	-4.6	-1.7	0.1
6	-3.2	0.2	-0.5	1.9
7	-6.1	-7.4	2.3	-2.3
8	-1.3	-1.5		-1
9	-5.2	-4.4		-0.5
10	-2.4	-2.3		0.6
11	-7.4	-6.3		0.5
12	-4.9	-3		-2.2
13	-3.2	-6		1.3
14	-7.3	-1.9		-1.3
15	-3.7	-2.9		2.7
16	-0.9	-4.7		1.6
17	-2.8	-9.9		1.8
18	-2.8	-4.7		0.3
19	-4.2	-1.3		1
20	-8.3	-1.5		4.2
21	-3	-0.6		0.6

22	-4.4			0.3
23	0			-0.1
24	-0.6			-5.7
25	-6.4			-1
26	-2.6			-0.9
27	-3.4			0.3
28	-9.5			
29	-6.3			
30	-3.8			
31	-4.8			
32	-0.5			
33	-5.5			
34	-4.3			
35	-3.9			
36	-3.3			
37	-2.5			
38	-1.5			
39	-1.3			
40	-1.3			
41	3.7			

