

**S7 Table** Pearson correlations amongst limb lean mass indices, total fat mass index, and grip strength at 25y

|                             | Limb lean mass index, 25y | Arm lean mass index, 25y | Leg lean mass index, 25y | Maximum grip strength, 25y | Relative grip strength, 25y | Total fat mass index, 25y |
|-----------------------------|---------------------------|--------------------------|--------------------------|----------------------------|-----------------------------|---------------------------|
| Limb lean mass index, 25y   | 1.00                      | 0.84                     | 0.98                     | 0.31                       | -0.33                       | 0.59                      |
| Arm lean mass index, 25y    | -                         | 1.00                     | 0.70                     | 0.38                       | -0.09                       | 0.32                      |
| Leg lean mass index, 25y    | -                         | -                        | 1.00                     | 0.26                       | -0.39                       | 0.65                      |
| Maximum grip strength, 25y  | -                         | -                        | -                        | 1.00                       | 0.66                        | -0.01                     |
| Relative grip strength, 25y | -                         | -                        | -                        | -                          | 1.00                        | -0.62                     |
| Total fat mass index, 25y   | -                         | -                        | -                        | -                          | -                           | 1.00                      |