

## Supplementary Table 2

### Waist circumference by gender for all participants

	<b>Men (n=4)</b>	<b>Women (n=24)</b>
Baseline	104.93 ± 4.27 (91.34 – 118.52)	102.42 ± 1.84 (98.61 – 106.23)
6 month	97.00 ± 4.70 (82.02 – 111.97)	98.48 ± 2.05 (94.24 – 102.72)

Values are mean ± SEM (95% CI), in cm.