

Supplementary Table 4 Characteristics of the participants who completed the 12-week follow-up (n=113)

	Experimental group (n=56)	Control group (n=57)	P-value
	n (%)	n (%)	
Sex			
Female	19 (33.9)	13 (22.8)	0.19
Male	37 (66.1)	44 (77.2)	
Age, years[#]	60.1 ± 6.6	60.4 ± 6.6	0.83
Body Mass Index (kg/m²)[#]	25.9 ± 3.4	27.1 ± 3.3	0.06
Marital status			
Single/divorced	9 (16.1)	13 (22.8)	0.37
Married	47 (83.9)	44 (77.2)	
Working status			
Retired, unemployed, or working part-time	30 (53.6)	33 (57.9)	0.64
Working full-time	26 (46.4)	24 (42.1)	
Smoking status			
Never smokers	38 (67.9)	35 (61.4)	0.64
Smokers and ex-smokers	17 (30.4)	19 (33.3)	
Missing data	1 (1.8)	3 (5.3)	

[#] Presented as mean ± SD