Supplement Table 1: Cut off levels of body composition indexes		
	Male	Female
Total fat (cm^2)	>495	>392
Visceral fat (cm^2)	>163,8	>80,1
Subcutaneous fat (cm^2)	>210	>274
VF/TF ratio	>0,397	>0,330
SF/TF ratio	>0,496	>0,715
SMA (cm^2)	<134	<89,2
SMI (cm^2/m^2)	<41,6	<32
Sarcopenic obesity	Low SMA / high VF	

Abbreviations: VF = Visceral fat, TF = Total fat, SF = Subcutaneous fat, SMA = Skeletal muscle area, SMI = Skeletal muscle index.