Table S1. Anthropometrics and BC indices (mean ± SD).

Parameter	Whole sample (N = 217)			
	Baseline	**Follow up**	**Mean Diff.**	**p-Value**
BM (kg)	74.7 ± 16.9	71.8 ± 15.2	-2.9 ± 4.2	**<0.001**
BMI (kg/m²)	25.4 ± 4.5	24.4 ± 3.9	-1.0 ± 1.4	**<0.001**
BFM/BH (kg/cm)†	0.11 ± 0.05	0.09 ± 0.05	-0.02 ± 0.02	**<0.001**
FFM/BH (kg/cm)†	0.32 ± 0.06	0.32 ± 0.06	0	N/A
TBM (kg)	39.5 ± 8.8	39.9 ± 8.4	0.4 ± 6.7	0.465
ECW (kg)	16.5 ± 3.2	16.4 ± 3.0	-0.1 ± 2.9	0.398
ICW (kg)	23.0 ± 5.8	23.5 ± 5.8	0.5 ± 4.9	0.146
ECW:ICW ratio (%)	73.7 ± 11.5	71.3 ± 9.6	-2.4 ± 12.7	**0.006**
PhA (°)	5.9 ± 0.7	6.1 ± 0.8	0.2 ± 0.7	**<0.001**

BM: body mass. BMI: body mass index. BFM: body fat mass. FFM: fat-free mass. TBM: total body water. ECW: extracellular water. ICW: intracellular water. PhA: whole-body phase angle. Mean Diff.: Mean difference. N/A: not applicable. A paired *t*-test was used. †Adjusted for BH. Statistically significant values are written in bold.
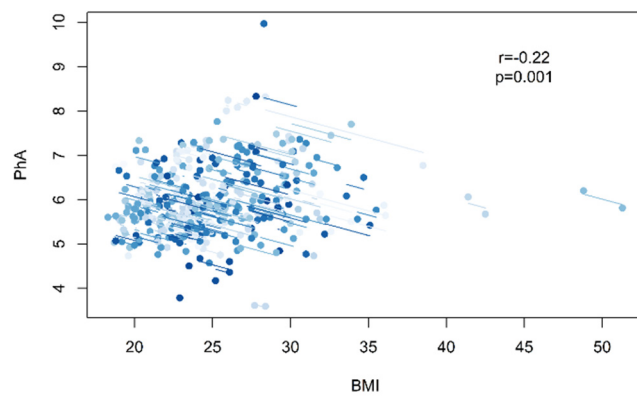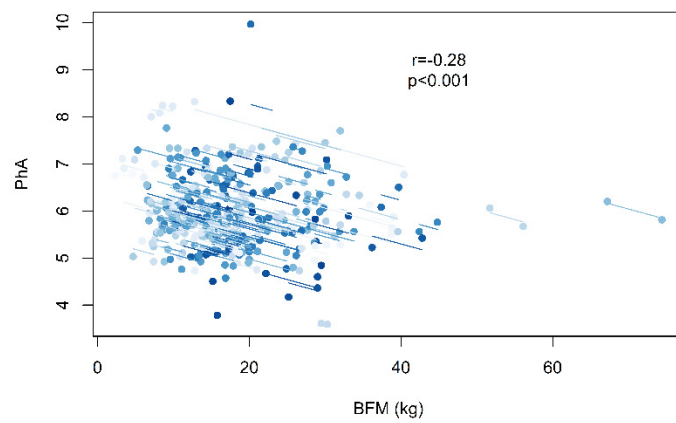
Figure S1: Association between PhA and BMI.
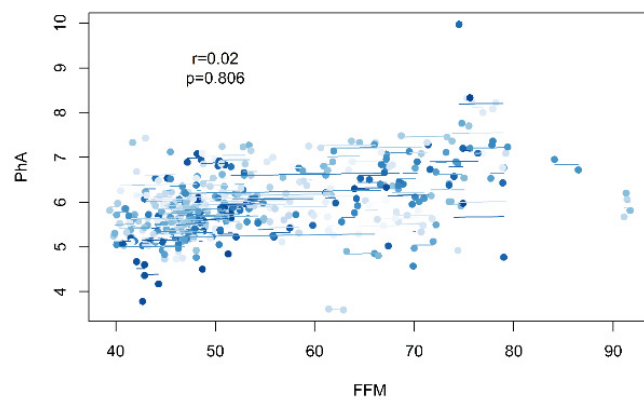

Figure S2: Association between PhA and BFM.

Figure S3: Association between PhA and FFM.