

Table 1 Characteristics of the study sample

Characteristic	Males (<i>n</i> = 170)	Females (<i>n</i> = 210)
<i>Mean (SD) age (years)</i>	23.8 (2.2)	22.1 (2.9)
<i>Mean (SD) weight (kg)</i>	93.6 (9.8)	89.4 (12.4)
<i>Mean (SD) height (cm)</i>	174.5 (8.7)	166 (7.2)
<i>Overall adiposity [No. (%)]</i>		
Normal ^a	44 (26)	48 (23)
Overweight ^b	71 (42)	90 (43)
Obese ^c	55 (32)	72 (34)
<i>Abdominal adiposity [No. (%)]</i>		
Normal ^d	59 (35)	40 (19)
High ^e	111 (65)	170 (81)

^aBody mass index (BMI) 18.5–24.9 kg/m²; ^bBMI 25–29.9 kg/m²; ^cBMI ≥ 30 kg/m²; ^d≤ 102 cm for males and ≤ 88 cm for females; ^e> 102 cm for males and > 88 cm for females.

SD = standard deviation.