Table 1 Anthropometric measurements and physical activity with covariates (fasting days and active/inactive) (n = 35)

Variable	Visit 1		Visit 2		Visit 3		Effect of covariates P-value	
	Mean	SD	Mean	SD	Mean	SD	Fasting days	Active/ inactive
Weight (kg)	60.49	14.74[a]	60.46	15.02[a]	60.17	14.52[a]	0.013	0.849
BMI (kg/m²)	21.33	3.99[a]	21.27	4.03[a]	21.25	3.94[a]	0.284	0.626
Waist (cm)	79.90	10.18[a]	79.74	10.33[a]	79.42	10.87[a]	0.012	0.216
Hips (cm)	95.56	9.73[a]	96.12	7.69[a]	96.19	8.57[a]	0.370	0.345
Waist:hip ratio	0.84	0.07[a]	0.83	0.07[a]	0.82	0.07[a]	0.001	0.397
Waist:height ratio	0.48	0.05[a]	0.48	0.05[a]	0.47	0.06[a]	0.093	0.966
Physical activity	172.50	241.90[a]	136.10	165.48[a]	236.30	281.17[b]		

BMI = body mass index.

[a,b]Different superscripts denote difference between mean values is statistically significant.