

**Table 2 Mean blood pressure and biochemistry of the blood tests with covariates (fasting days and active/inactive), (n = 35)**

Variable	Visit 1		Visit 2		Visit 2		Effect of covariate P-value	
	Mean	SD	Mean	SD	Mean	SD	Fasting days	Active/ inactive
Systolic BP (mmHg)	113.08	10.52 <sup>a</sup>	113.56	9.50 <sup>a</sup>	114.71	10.57 <sup>a</sup>	0.016	0.559
Diastolic BP (mmHg)	74.71	7.08 <sup>a</sup>	75.94	6.92 <sup>a</sup>	76.14	7.38 <sup>a</sup>	0.424	0.587
Fasting blood sugar (mg/dL)	88.79	9.10 <sup>a</sup>	87.2	6.35 <sup>a</sup>	89.09	9.72 <sup>a</sup>	0.966	0.081
Total cholesterol (mg/dL)	161.48	33.70 <sup>a</sup>	160.21	27.82 <sup>a</sup>	150.51	26.05 <sup>a</sup>	0.424	0.111
Triglyceride (mg/dL)	87.76	37.87 <sup>a</sup>	79.82	34.54 <sup>a</sup>	83.61	34.50 <sup>a</sup>	0.333	0.880
HDL (mg/dL)	55.88	13.73 <sup>a</sup>	49.82	10.09 <sup>b</sup>	48.70	12.35 <sup>b</sup>	0.028	0.768
LDL (mg/dL)	87.36	20.33 <sup>a</sup>	95.03	23.54 <sup>b</sup>	87.56	19.82 <sup>a</sup>	0.574	0.46
HbA1c (mmol/mol)	5.21	0.36 <sup>a</sup>	5.31	0.39 <sup>a</sup>	5.24	0.33 <sup>a</sup>	0.801	0.233
Uric acid (mg/dL)	4.75	1.65 <sup>a</sup>	5.35	1.48 <sup>a</sup>	5.17	1.24 <sup>a</sup>	0.004	0.778
BAI	26.18	5.25 <sup>a</sup>	26.40	4.85 <sup>a</sup>	26.50	4.74 <sup>a</sup>	0.797	0.457
VAI	1.10	0.47 <sup>a</sup>	1.12	0.52 <sup>a</sup>	1.23	0.63 <sup>a</sup>	0.807	0.182

SD = standard deviation; BP = blood pressure; HDL = high density lipoprotein; BAI = body adiposity index; VAI = visceral adiposity index; LDL = low density lipoprotein.

<sup>a,b</sup>Different superscripts denote difference between mean values is statistically significant.