

Supplementary Table 2.

Changes in heart rate, blood pressure, and body composition from baseline to week 12

	habit-B (<i>n</i> = 21)		Control (<i>n</i> = 23)		Between-group difference	
	Mean (SD)	Mean (SD)	Mean (SD)	Mean (95% CI)	ES	<i>p</i>
Resting heart rate (bpm)						
Baseline	81 (8)	75 (9)				
Week 12	80 (9)	82 (11)				
Within-group difference	0 (9)	6 (11)		-7 (-13 to 0)	-0.64	0.04
Systolic blood pressure, (mmHg)						
Baseline	120 (14)	129 (11)				
Week 12	118 (11)	124 (13)				
Within-group difference	-2 (10)	-6 (11)		4 (-2 to 10)	0.38	0.22
Diastolic blood pressure, (mmHg)						
Baseline	79 (7)	82 (10)				
Week 12	78 (9)	80 (13)				
Within-group difference	-1 (9)	-2 (8)		1 (-4 to 6)	0.12	0.70
Body mass (kg)						
Baseline	53.4 (6.6)	53.1 (6.0)				
Week 12	53.8 (7.2)	53.5 (6.2)				
Within-group difference	0.4 (1.8)	0.4 (1.2)		0.0 (-0.9 to 0.9)	-0.01	0.98
Body mass index, (kg/m²)						
Baseline	21.1 (2.3)	21.0 (2.0)				
Week 12	21.3 (2.4)	21.2 (2.0)				
Within-group difference	0.2 (0.7)	0.2 (0.5)		0.0 (-0.4 to 0.3)	-0.01	0.98
Fat mass (kg)						
Baseline	16.1 (4.2)	15.8 (3.9)				
Week 12	16.5 (5.0)	16.1 (3.8)				
Within-group difference	0.4 (1.7)	0.4 (0.9)		0.6 (-0.8 to 0.9)	0.04	0.89
Body fat (%)						
Baseline	29.8 (4.6)	29.3 (4.6)				
Week 12	30.2 (5.1)	29.8 (4.2)				
Within-group difference	0.5 (2.1)	0.5 (1.3)		-0.01 (-1.1 to 1.1)	0.00	0.99
Lean mass (kg)						
Baseline	35.2 (2.9)	35.3 (2.6)				
Week 12	35.2 (2.9)	35.3 (3.0)				
Within-group difference	0.0 (0.6)	0.0 (0.7)		-0.1 (-0.5 to 0.4)	-0.09	0.77

SD, standard deviation; CI, confidence interval