

Supplementary material Table S1. Relationships between baseline body composition, physical fitness, nutritional variables values and total score in the EQ-5D-3L

	EQ-5D-3L overall index				EQ-VAS			
	r^2	Change r^2	Standardized β	p-value	r^2	Change r^2	Standardized β	p-value
<i>Body composition measurements</i>								
Weight(kg)	0.114	0.093	−0.372	0.002	0.019	0.001	−0.032	0.800
BMI (kg/cm ²)	0.185	0.168	−0.453	<0.001	0.032	0.013	−0.128	0.299
FM (kg)	0.223	0.174	−0.462	<0.001	0.040	0.003	−0.06	0.599
FFM (Kg)	0.019	0.003	−0.093	0.577	0.041	0.003	0.092	0.558
FM%	0.230	0.181	−0.514	<0.001	0.044	0.007	−0.101	0.431
Waist circum. (cm)	0.151	0.128	−0.421	0.005	0.045	0.021	−0.171	0.191
Hip circum. (cm)	0.120	0.119	−0.365	0.004	0.029	0.014	−0.125	0.329
<i>Physical fitness variables</i>								
Balance (s)	0.112	0.091	0.311	0.002	0.043	0.022	0.152	0.135
Arm Flexibility (cm)	0.076	0.055	0.241	0.016	0.042	0.021	0.148	0.143
Leg Flexibility(cm)	0.051	0.030	0.182	0.153	0.052	0.032	0.186	0.144
Leg Strength (rep)	0.148	0.127	0.363	<0.001	0.054	0.033	0.185	0.065
Arm Strength (rep)	0.074	0.050	0.237	0.022	0.048	0.027	0.172	0.100
Agility (s)	0.237	0.219	−0.499	<0.001	0.070	0.050	−0.231	0.025
Walking speed (s)	0.306	0.285	−0.550	<0.001	0.092	0.071	−0.276	0.006
Aerobic capacity (m)	0.269	0.254	0.532	<0.001	0.082	0.062	0.263	0.012
Handgrip Strength	0.089	0.049	0.339	0.024	0.054	0.015	0.209	0.209
<i>Nutritional Variables</i>								
MNA	0.135	0.072	0.274	0.004	0.051	0.008	−0.183	0.398
ADM	0.068	0.037	0.006	0.397	0.08	0.041	0.204	0.048

CON: control group, TRAIN: training group, EQ-5D-3L: EuroQol 5 Dimensions 3 Levels, BMI: Body Mass Index, FM: Fat Mass, FFM: Fat Free Mass, FM%: Fat Mass Percentage, Circum: Circumference, MNA: Mini Nutritional Assessment, ADM: Adherence to Mediterranean Diet, rep: repetitions. Significant p-values were set as <0.05.

Supplementary material Table S2a. Relationships between changes with training in body composition, physical fitness and changes in total score in the EQ-5D-3L

	CON				TRAIN			
	r ²	Change r ²	Standardized β	p- value	r ²	Change r ²	Standardized β	p- value
<i>Body composition measurements</i>								
Weight (kg)	0.072	0.034	−0.193	0.388	0.041	0.029	−0.177	0.269
BMI	0.080	0.041	−0.207	0.409	0.052	0.047	−0.221	0.240
FM (kg)	0.039	0.000	−0.004	0.988	0.062	0.050	−0.229	0.182
FFM (Kg)	0.099	0.060	−0.259	0.274	0.013	0.001	−0.030	0.867
FM%	0.054	0.015	0.135	0.585	0.032	0.020	−0.144	0.406
Waist circum. (cm)	0.024	0.001	0.029	0.926	0.077	0.072	−0.354	0.158
Hip circum. (cm)	0.217	0.060	−0.277	0.376	0.089	0.007	−0.087	0.644
<i>Physical fitness variables</i>								
Balance (s)	0.057	0.027	0.173	0.396	0.387	0.083	−0.296	0.058
Arm Flexibility (cm)	0.025	0.000	−0.019	0.922	0.067	0.000	−0.004	0.980
Leg Flexibility (cm)	0.080	0.056	0.237	0.229	0.086	0.009	−0.097	0.554
Leg Strength (rep)	0.033	0.003	0.057	0.776	0.071	0.002	−0.052	0.763
Arm Strength (rep)	0.049	0.013	−0.120	0.558	0.232	0.084	0.321	0.048
Agility (s)	0.070	0.039	0.204	0.323	0.069	0.029	−0.181	0.269
Walking speed (s)	0.123	0.093	0.305	0.110	0.071	0.070	−0.269	0.082
Aerobic capacity (m)	0.046	0.002	0.043	0.842	0.205	0.128	0.360	0.018
Handgrip Strength (kg)	0.048	0.018	0.136	0.493	0.257	0.190	−0.480	0.189

CON: control group, TRAIN: training group, EQ-5D-3L: EuroQol 5 Dimensions 3 Levels, BMI: Body Mass Index, FM: Fat Mass, FFM: Fat Free Mass, FM%: Fat Mass Percentage, Circum: Circumference, rep: repetitions. Significant p-values were set as <0.05.

Supplementary material Table S2b. Relationships between changes with training in body composition, physical fitness and changes in total score in the EQ-VAS

	CON				TRAIN			
	r^2	Change r^2	Standardized β	p-value	r^2	Change r^2	Standardized β	p-value
<i>Body composition measurements</i>								
Weight (kg)	0.242	0.001	0.040	0.838	.113	.101	−0.329	0.048
BMI	0.113	0.000	−0.012	0.961	0.122	0.083	−0.293	0.110
FM (kg)	0.247	0.000	−0.001	0.998	0.047	0.009	−0.098	0.568
FFM (Kg)	0.250	0.003	0.061	0.768	0.077	0.039	−0.209	0.232
FM%	0.080	0.078	0.302	0.209	0.116	0.006	−0.078	0.635
Waist circum. (cm)	0.139	0.010	−0.115	0.685	0.054	0.002	−0.057	0.818
Hip circum. (cm)	0.167	0.020	−0.157	0.605	0.101	0.051	−0.228	0.227
<i>Physical fitness variables</i>								
Balance (s)	0.138	0.008	0.498	0.623	0.016	0.000	−0.012	0.940
Arm Flexibility (cm)	0.145	0.001	0.023	0.902	0.056	0.040	−0.221	0.207
Leg Flexibility (cm)	0.173	0.028	−0.169	0.363	0.043	0.022	0.157	0.352
Leg Strength (rep)	0.132	0.002	−0.044	0.818	0.041	0.025	−0.174	0.328
Arm Strength (rep)	0.111	0.048	−0.228	0.255	0.033	0.021	−0.160	0.371
Agility (s)	0.150	0.044	0.071	0.716	0.040	0.023	0.162	0.336
Walking speed (s)	0.133	0.003	−0.055	0.766	0.017	0.001	0.034	0.832
Aerobic capacity (m)	0.147	0.005	−0.071	0.728	0.034	0.013	−0.117	0.471
Handgrip Strength (kg)	0.112	0.000	−0.010	0.960	0.021	0.005	0.430	0.670

CON: control group, TRAIN: training group, EQ-5D-3L: EuroQol 5 Dimensions 3 Levels, BMI: Body Mass Index, FM: Fat Mass, FFM: Fat Free Mass, FM%: Fat Mass Percentage, Circum: Circumference, rep: repetitions. Significant p-values were set as <0.05.