

**Supplemental Table 1: Correlation coefficients of variables at baseline and at 12 months**

	Initial assessment		Annual assessment	
	Irisin	FGF-21	Irisin	FGF-21
<b>BMI (kg/m<sup>2</sup>)</b>	0.028 (0.628)	<b>0.235 (0.001)</b>	-0.034 (0.553)	<b>0.202 (0.001)</b>
<b>BMI z-score</b>	0.025 (0.671)	0.097 (0.093)	-0.062 (0.283)	<b>0.133 (0.027)</b>
<b>SBP (mmHg)</b>	-0.064 (0.359)	0.134 (0.056)	-0.027 (0.747)	<b>0.210 (0.016)</b>
<b>DBP (mmHg)</b>	-0.097 (0.168)	0.074 (0.296)	-0.072 (0.391)	0.021 (0.808)
<b>WC (cm)</b>	-0.077 (0.218)	<b>0.272 (0.001)</b>	-0.113 (0.170)	-0.018 (0.838)
<b>WHR</b>	0.011 (0.856)	0.095 (0.129)	0.017 (0.777)	<b>-0.127 (0.037)</b>
<b>Cholesterol (mmol/L)</b>	0.031 (0.595)	-0.107 (0.068)	-0.059 (0.315)	-0.061 (0.315)
<b>HDL (mmol/L)</b>	0.012 (0.838)	<b>-0.182 (0.002)</b>	0.033 (0.577)	0.070 (0.252)
<b>TGL (mg/dL)</b>	0.024 (0.684)	<b>0.243 (0.001)</b>	-0.046 (0.434)	<b>0.121 (0.047)</b>
<b>ApoA1 (g/dL)</b>	0.012 (0.843)	-0.076 (0.192)	-0.089 (0.126)	<b>0.148 (0.015)</b>
<b>ApoB (g/dL)</b>	-0.004 (0.940)	-0.010 (0.860)	<b>-0.149 (0.009)</b>	0.069 (0.252)
<b>Lp(a) (g/dL)</b>	-0.098 (0.091)	0.012 (0.841)	-0.007 (0.910)	<b>0.293 (0.001)</b>
<b>HOMA-IR</b>	0.017 (0.765)	<b>0.221 (0.001)</b>	0.033 (0.574)	<b>0.227 (0.001)</b>
<b>FATP (%)</b>	-0.003 (0.969)	<b>0.134 (0.043)</b>	0.064 (0.274)	-0.094 (0.126)
<b>PMM (kg)</b>	0.054 (0.416)	<b>0.206 (0.002)</b>	-0.037 (0.526)	<b>0.183 (0.003)</b>
<b>BONEM (kg)</b>	0.064 (0.335)	<b>0.197 (0.003)</b>	0.038 (0.506)	<b>0.175 (0.004)</b>
<b>VitD (nmol/L)</b>	0.111 (0.055)	<b>-0.065 (0.263)</b>	-0.034 (0.553)	<b>0.202 (0.001)</b>
<b>PTH (ng/L)</b>	<b>-0.175 (0.003)</b>	<b>0.171 (0.003)</b>	-0.062 (0.283)	<b>0.133 (0.027)</b>
<b>Leptin (pg/mL)</b>	0.087 (0.132)	0.106 (0.068)	-0.027 (0.747)	<b>0.210 (0.016)</b>
<b>Adiponectin (ng/mL)</b>	0.002 (0.973)	-0.049 (0.398)	-0.072 (0.391)	0.021 (0.808)
<b>TMI (kg/m<sup>3</sup>)</b>	0.032 (0.585)	0.101 (0.081)	-0.113 (0.170)	-0.018 (0.838)

Abbreviations: Apo1, apolipoprotein 1; ApoB, apolipoprotein B; BMI, body mass index; BONEM, bone mass; DBP, diastolic blood pressure; FATP, fat percentage; FGF-21, fibroblast growth factor 21; HDL, high-density lipoprotein; HOMA-IR, homeostatic model assessment-Insulin Resistance; Lp(a), lipoprotein-a; PMM, muscle mass percentage; SBP, systolic blood pressure; TG, triglycerides; TMI, tri-ponderal mass index; VitD, total 25-OH vitamin D; WC, waist circumference; WHR, waist-to-hip ratio; variables are presented as Pearson's r and Spearman's rho correlation coefficients (p value); statistically significant associations are shown in bold.