

Supplementary Table S1. Body composition differences among the study participants by meeting physical activity guidelines (not meeting versus meeting minimum physical activity recommendations).

	Not meeting PA recommendations (n=41)	Meeting PA recommendations (n=50)	P ^a	P ^b
Body composition				
<i>Weight (kg)</i>	39.3 (0.8)	26.6 (0.7)	0.013	0.018
<i>Body mass index (kg/m²)</i>	18.6 (0.3)	17.6 (0.3)	0.022	0.032
<i>Fat mass (g)</i>	11392.8 (552.7)	9705.3 (499.8)	0.027	0.037
<i>Fat mass (%)</i>	29.9 (0.9)	27.4 (0.8)	0.033	0.047
<i>Lean mass (g)</i>	26921.7 (487.7)	24791.9 (441.0)	0.091	0.104
<i>Bone mineral content (g)</i>	1219.1 (29.6)	1164.9 (26.8)	0.182	0.192
<i>Bone mineral density (g/cm²)</i>	0.8 (0.1)	0.8 (0.1)	0.784	0.844
<i>Z-score*</i>	-0.6 (0.1)	-0.7 (0.1)	0.594	0.519

Values are shown as mean (standard error). PA, physical activity. ^aModel adjusted for age, sex and height. ^bModel additionally adjusted for following a gluten-free diet for at least 18 months. *In model P^a Z-score was unadjusted.