

Supplementary Table S1. Characteristics of the participants.

	Age	Height (cm)	Weight (kg)	BMI	WC (cm)
Gamer 1	24.5	180.5	66.5	20.4	77
Gamer 2	26.2	185	84	24.5	91
Gamer 3	29.5	189	73.7	20.6	82
Gamer 4	29.3	174.5	81.1	26.6	88
Gamer 5	28.3	185	95.3	27.8	102
Gamer 6	23.5	186	85.6	24.7	89
Gamer 7	23.9	180	94.1	29.0	99
Gamer 8	23.7	178.5	77.6	24.4	89
Gamer 9	23.3	186.5	87.5	25.2	82.5
Median	24.5	185	84	24.7	89
Mean (±SD)	25.8 (±2.6)	182.8 (±4.6)	82.8 (±9.3)	24.8 (±2.9)	88.8 (±8.0)