Table S1. Standardized measurement of the result variables.			
Body weight, ASM, ASMI, BMI, MT%, BF%, visceral fat)	The participants' weight was adjusted (–1 kg for clothing) with confirmed hydration. Moistened electrodes and barefoot measurements ensured reliable BIA results.		
WC	Measured with a tape measure at the level of the umbilicus, after a deep breath in and out, without pressure.		
5STS	The test was conducted using a standardized armless chair (seat height: 43.2 cm). Timing began at the initial movement from the seated position and concluded upon completion of the fifth stand-to-sit transition.		
HG	Grip strength was assessed following the Southampton protocol. The participants sat upright with shoulders adducted, elbows flexed at 90°, and wrists slightly extended (0°–30°). Three consecutive measurements were taken on each hand with 10-second rest intervals, using standardized verbal encouragement. A 3-minute rest separated dominant and non-dominant hand assessments to minimize fatigue.		
SPPB	The SPPB is a rapid, objective assessment comprising three functional tests, each scored from 0 to 4 points. The total scores range from 0 to 12, with higher values indicating better physical performance.	Balance	Held for 10 s with feet together, then in a semi-tandem position. The last test had to be held for more than 10 seconds in the tandem position.
		Gait speed	The participants walked 4 meters at their habitual pace, with timing beginning 0.5 m before and ending 0.5 m after the measured distance to account for acceleration/deceleration. Three trials were performed, with the fastest time recorded for analysis.
		5STS	Same.
TUG	The TUG test measures the time required to stand from a chair, walk 3 meters, turn, walk back, and sit down at normal pace without physical assistance. The participants performed two trials without using their hands for support, with the faster time recorded for analysis.		
TME2'	The participants performed the test by marching in place for 2 minutes, lifting each knee to mid-point between the patella and the iliac crest. The final score reflected the total right-leg steps, meeting height criteria during the test period.		