

Table S1. Median and interquartile range (IQR) of BMI and some physical-related variables of study subjects (n=63).

Variables	Median	Q1	Q3	IQR
BMI	23.7	21.9	25.7	3.9
Minutes per week of walking	420	210	1260	1050
Walking (MET-minutes/week)	1039.5	0	2772	2772
Moderate (MET-minutes/week)	0	0	0	0
Vigorous (MET-minutes/week)	0	0	0	0
Total physical activity (MET-minutes/week)	1386	66	3066	3000