

1 **Supplementary Materials**

2 Table S1: Comparison of percentage of body fat according to the achieved goals of body weight loss.

Percentage of body fat (%)								
Goal of body weight loss (%)	n	Basal	Intensive phase	Δ	n	Basal	Maintenance phase	Δ
5 < 7	11	35.6 ± 5.4	35.0 ± 6.0	-0.5 ± 1.3	11	37.7 ± 5.4	36.7 ± 5.7	-1.0 ± 1.0*
7 < 10	6	40.2 ± 1.6	39.9 ± 1.4	-0.2 ± 1.2	4	35.8 ± 2.6	34.3 ± 4.0	-1.4 ± 1.8
≥ 10	7	38.1 ± 2.5	35.4 ± 3.7	-2.6 ± 1.5*	10	39.6 ± 2.1	36.1 ± 3.5	-3.5 ± 2.0*

6 Δ: Change value; Expressed as mean ± SD; *: p≤0.05. Paired t-test (normally distributed variables).

8 Table S2: Comparison of obesity parameters and physical activity in completers participants with overweight
9 and obesity.

Variables	Overweight (n=19)	Obesity (n=35)	Δ Overweight	Δ Obesity
Body weight (kg) †				
Basal	74.3 ± 8.3	90.8 ± 12.3		
Intensive phase	72.3 ± 8.2	85.8 ± 12.5	-2.0 ± 1.9*	-5.0 ± 5.2*
Maintenance phase	72.8 ± 9.2	85.5 ± 12.6	-1.3 ± 1.9*	-5.3 ± 7.2*
WC (cm) †				
Basal	94.8 ± 6.4	107.9 ± 8.7		
Intensive phase	92.5 ± 5.2	102.5 ± 9.4	-2.2 ± 4.1*	-5.6 ± 6.4*
Maintenance phase	93.8 ± 6.4	102.9 ± 9.8	-1.0 ± 3.1	-5.0 ± 6.8*
BMI (kg/m²) †				
Basal	28.3 ± 1.1	34.9 ± 4.1		
Intensive phase	27.6 ± 1.2	32.9 ± 4.0	-0.7 ± 0.7*	-1.9 ± 2.0*
Maintenance phase	27.8 ± 0.7	32.8 ± 4.2	-0.5 ± 0.7*	-2.0 ± 2.8*
Physical activity (min/wk) ¥				
Basal	0 (0, 0)	0 (0, 0)		
Intensive phase	45 (0, 150)	60 (0, 220)	45 (0, 120)*	60 (0, 195)*
Maintenance phase	30 (0, 150)	0 (0, 15)	50 (0, 100)*	0 (0, 0)*

10 WC: Waist circumference. Δ : Change value; †: Expressed as mean ± SD; ¥: Expressed as median and
11 interquartile ranges. *: p ≤ 0.05. Paired t-test (normally distributed variables) and Wilcoxon rank-sum test
12 (variables with non-normal distribution).
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Table S3: Comparison of metabolic markers in completers participants with overweight and obesity.

Variables	Overweight (n=19)	Obesity (n=35)	Δ Overweight	Δ Obesity
Total cholesterol (mg/dL)				
Basal	175.5 \pm 35.8	171.8 \pm 32.1		
Intensive phase	170.3 \pm 41.4	155.0 \pm 31.2	-5.2 \pm 18.4	-16.7 \pm 23.3*
Maintenance phase	174.7 \pm 35.7	171.3 \pm 37.1	-3.5 \pm 13.5	-1.0 \pm 26.7
LDL-c (mg/dL)				
Basal	107.3 \pm 28.7	103.7 \pm 26.6		
Intensive phase	107.1 \pm 31.7	83.1 \pm 29.1	-0.1 \pm 15.4	-20.6 \pm 18.0*
Maintenance phase	109.4 \pm 33.6	108.3 \pm 29.5	-0.5 \pm 16.3	4.0 \pm 19.6
HDL-c (mg/dL)				
Basal	37.0 \pm 9.5	37.2 \pm 6.7		
Intensive phase	38.4 \pm 9.7	45.7 \pm 10.3	1.4 \pm 9.2	8.5 \pm 9.3*
Maintenance phase	32.9 \pm 7.3	36.0 \pm 9.6	-4.8 \pm 7.4	-1.1 \pm 8.1
Triglycerides (mg/dL)				
Basal	171.1 \pm 89.4	152.6 \pm 67.1		
Intensive phase	148.5 \pm 65.5	129.7 \pm 66.8	-22.5 \pm 55.6	-22.8 \pm 67.7*
Maintenance phase	171.3 \pm 66.1	133.5 \pm 68.7	2.5 \pm 67.4	-19.4 \pm 58.5
Fasting glucose (mg/dL)				
Basal	111.9 \pm 43.0	109.4 \pm 17.9		
Intensive phase	102.1 \pm 27.5	98.0 \pm 11.3	-9.7 \pm 18.9*	-11.3 \pm 13.7*
Maintenance phase	103.1 \pm 35.1	93.2 \pm 13.3	-9.8 \pm 15.6*	-16.7 \pm 15.9*

26 Δ : Change value; Expressed as mean \pm SD; *: p \leq 0.05. Paired t-test (normally distributed variables).

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36 Table S4: Comparison of obesity parameters and physical activity in completers participants with moderate,
 37 high and very high risk of diabetes.

Variables	Moderate risk (n=21)	High and very high risk (n=33)	Δ Moderate risk	Δ High and very high risk
Body weight (kg) †				
Basal	80.3 ± 12.0	88.0 ± 13.8		
Intensive phase	78.0 ± 11.7	83.0 ± 13.3	-2.3 ± 2.3*	-4.9 ± 5.3*
Maintenance phase	78.8 ± 11.8	82.5 ± 13.6	-1.6 ± 3.3*	-5.3 ± 7.2*
WC (cm) †				
Basal	98.3 ± 8.8	106.5 ± 9.8		
Intensive phase	96.2 ± 7.9	100.8 ± 10.1	-2.0 ± 4.7*	-5.6 ± 6.1*
Maintenance phase	97.2 ± 8.0	101.3 ± 10.5	-1.3 ± 4.0	-5.1 ± 6.7*
BMI (kg/m²) †				
Basal	30.2 ± 3.4	34.0 ± 4.6		
Intensive phase	29.3 ± 3.2	32.1 ± 4.3	-0.9 ± 0.9*	-1.9 ± 2.0*
Maintenance phase	29.7 ± 3.5	32.0 ± 4.5	-0.6 ± 1.2*	-2.1 ± 2.8*
Physical activity (min/wk) ¥				
Basal	0 (0, 0)	0 (0, 0)		
Intensive phase	0 (0, 150)	80 (0, 220)	0 (0, 60)*	80 (0, 195)*
Maintenance phase	0 (0, 135)	0 (0, 30)	0 (0, 110)*	0 (0, 30)*

38 WC: Waist circumference. Δ: Change value; †: Expressed as mean ± SD; ¥: Expressed as median and
 39 interquartile ranges. *: p ≤ 0.05. Paired t-test (normally distributed variables) and Wilcoxon rank-sum test
 40 (variables with non-normal distribution).

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50 Table S5: Comparison of metabolic markers in completers participants with moderate, high and very high risk
 51 of diabetes.

Variables	Moderate risk (n=21)	High and very high risk (n=33)	Δ Moderate risk	Δ High and very high risk
Total cholesterol (mg/dL)				
Basal	174.5 ± 40.0	172.1 ± 28.7		
Intensive phase	167.4 ± 26.6	156.0 ± 33.5	-7.1 ± 26.6	-16.1 ± 18.5*
Maintenance phase	177.0 ± 40.1	169.0 ± 34.0	0.1 ± 23.5	-3.0 ± 22.7
LDL-c (mg/dL)				
Basal	105.6 ± 30.9	104.5 ± 25.0		
Intensive phase	97.9 ± 28.1	87.3 ± 33.7	-7.7 ± 19.3	-17.2 ± 19.2*
Maintenance phase	110.6 ± 33.4	107.5 ± 29.4	2.6 ± 21.3	2.3 ± 17.0
HDL-c (mg/dL)				
Basal	37.4 ± 8.0	37.0 ± 7.6		
Intensive phase	41.8 ± 11.6	44.0 ± 10.2	4.4 ± 9.1*	7.0 ± 10.2*
Maintenance phase	35.7 ± 6.8	34.5 ± 10.1	-2.4 ± 4.9	-2.4 ± 9.5
Triglycerides (mg/dL)				
Basal	170.5 ± 99.6	151.8 ± 55.1		
Intensive phase	158.0 ± 84.6	122.5 ± 48.1	-12.4 ± 82.9	-29.3 ± 46.9*
Maintenance phase	161.9 ± 93.0	137.1 ± 49.1	-6.5 ± 57.0	-15.1 ± 65.5
Fasting glucose (mg/dL)				
Basal	110.8 ± 40.1	110.0 ± 19.5		
Intensive phase	103.5 ± 24.5	96.9 ± 13.2	-7.2 ± 19.2	-13.0 ± 12.5*
Maintenance phase	101.4 ± 32.3	93.7 ± 15.4	-10.3 ± 14.8*	-16.9 ± 16.4*

52 Δ: Change value; Expressed as mean ± SD; *: p ≤ 0.05. Paired t-test (normally distributed variables).

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