

Table S1: Study parameters, normal range and interpretation

Parameter	Normal range and interpretation
Body mass (kg)	ND
Height (cm)	ND
BMI (kg/m ²)	<18.5=Underweight 18.5-24.9=Normal or Healthy Weight 25.0-29.9=Overweight ≥30.0=Obese
%BFP (%)	2-5%=Essential fat 6-13%=Athletes 14-17%Fitness 18-25%=Average >25%=Obese
%TBWP (%)	50%-70%=Ideal for men (middle age)
BSA (m ²)	ND
LM (kg)	ND
FM (kg)	ND
SBP (mmHg)	<120=Normal 120-129=Elevated 130-139=High blood pressure (Stage I) 140-179=High blood pressure (Stage II) >180=Hypertensive crisis
DBP (mmHg)	<80=Normal 81-84=Elevated 85-90=High blood pressure (I) 90-119=High blood pressure (II) >120=Hypertensive crisis
LDL (mmol/L)	<2.6mmol/L=Optimal 2.6 to 3.4 mmol/L =Near optimal 3.5 to 4.1 mmol/L =Borderline high 4.2 to 4.9 mmol/L =High.
HDL (mmol/L)	>1.17 mmol/L=Acceptable 1.04-1.17 mmol/L=Borderline <1.04 mmol/L=Low Level
TG (mmol/L)	<1.7 mmol/L=Normal 1.8 to 2.2 mmol/L=Borderline high 2.3 to 5.6 mmol/L=High ≥5.7 mmol/L=Very high
TC (mmol/L)	<5.2 mmol/L=Desirable 5.2-6.2 mmol/L=Borderline high >6.2 mmol/L=High
FBG (mmol/L)	<5.6 mmol/L=Normal 5.6 to 6.9 mmol/L=Prediabetes >7 mmol/L=Diabetes
WC (cm)	ND
HC (cm)	ND

WHR (ratio)	<0.95=Low 0.96–1.0=Moderate >1.0=High
MS z-score	Lower is better.
PHQ-9	1-4=Minimal depression 5-9=Mild depression 10-14=Moderate depression 15-19=Moderately severe depression 20-27=Severe depression

ND=not defined; BMI = body mass index; %BFP = body fat percentage; %TBWP = total body water percentage; BSA = body surface area; LM = lean mass; FM = fat mass; SBP = systolic blood pressure; DBP = diastolic blood pressure; LDL = low-density lipoprotein cholesterol; HDL = low-density lipoprotein cholesterol; TG = triglycerides; TC = total cholesterol; FBG = fasting blood glucose; WC = waist circumference; HC = hip circumference; WHR = waist to hip ratio; MS z-score = metabolic syndrome z-score; PHQ-9 = patient health questionnaire -9.