S1 Table - Comparison of body fat% means ± SD across genders

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| **Gender** | **Body Fat%** | ***P* value** |
| Male (n=48) | 28.98 ± 7.30 | ≤ 0.001 |
| Female (n=50) | 39.56 ± 7.75 |

Comparisons made using the Independent T Test