Supplement Table 2-2 Comparison of weight and BMI between difference groups after 2-years brisk walking

|  |  |  |  |
| --- | --- | --- | --- |
|  | n | Weight (kg, x±SE) | BMI (kg/m2, x±SE) |
| Control | 10 | 59.7±2.17 | 24.9±0.75 |
| Volume 8 | 4 | 64±3.19 | 26.75±1.93 |
| Volume 12 | 7 | 61.86±4.23 | 25±1.62 |
| Volume 16 | 8 | 63.13±3.81 | 24.38±1.34 |
| Volume 20 | 6 | 67.33±4.19 | 25.5±1.23 |