

**Original Article**

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# **FTO Genotype Interacts with Improvement in Aerobic Fitness on Body Weight Loss During Lifestyle Intervention**

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## **Supplemental Material**

Sailer et al.: *FTO* Genotype Interacts with Improvement in Aerobic Fitness on Body Weight Loss During Lifestyle Intervention

Supplementary table 1. Characteristics of participants<sup>a</sup>

	Before lifestyle intervention	After 9-month lifestyle intervention	p value
N	292	292	–
Age, years	46 ± 1		–
Sex, f/m	178/114	–	–
Weight, kg	87,5 ± 1,1	85,00 ± 1,1	<0.0001
BMI, kg/m <sup>2</sup>	29.8 ± 0.3	28.9 ± 0.3	<0.0001
Body fat content, %	32.7 ± 0.5	31.4 ± 0.5	<0.0001
Fasting blood glucose, mmol/l	5.3 ± 0.03	5.2 ± 0.03	0.0034
2-hour blood glucose, mmol/l	7.0 ± 0.1	6.7 ± 0.1	0.0008
HPA-Score	8.1 ± 0.1	8.6 ± 0.1	<0.0001
VO <sub>2</sub> max, ml/min/kg	24.0 ± 0.4	25.1 ± 0.4	<0.0001
IAT, Watt*	69.0 ± 3.1	85.5 ± 3.2	<0.0001

<sup>a</sup>Data is given as mean ± SE. Baseline and follow up values were compared by paired two-tailed t-tests.

\*Data available from 191 subjects.