| **Characteristic** | **N** | **Mean** | **SD** | **Range** |
| --- | --- | --- | --- | --- |
| Demographics | | | | |
| Age (years) | 97 | 35 | 10 | 19, 62 |
| Body Composition | | | | |
| Waist cir. (cm) | 97.0 | 36.7 | 4.5 | 27.5, 53.0 |
| Waist-hip ratio | 97.00 | 0.95 | 0.06 | 0.74, 1.07 |
| Weight (lbs) | 97 | 208 | 34 | 142, 360 |
| Fat mass (%) | 97.0 | 24.1 | 5.3 | 14.7, 39.3 |
| Fat mass (lbs) | 97 | 52 | 19 | 22, 131 |
| Lean mass (lbs) | 97 | 159 | 22 | 114, 253 |
| Android fat (%) | 97 | 28 | 7 | 15, 46 |
| Gynoid fat (%) | 97.0 | 25.5 | 4.6 | 16.6, 37.7 |
| Physical Fitness | | | | |
| Time to exhaustion | 96.00 | 10.97 | 1.60 | 6.70, 15.33 |
| Sit ups | 95 | 40 | 9 | 15, 64 |
| Push ups | 95 | 48 | 15 | 15, 84 |
| Sit and reach | 97.0 | 14.4 | 3.5 | 6.0, 25.7 |
| Cardiometabolic | | | | |
| HDL cholesterol | 97 | 49 | 11 | 29, 82 |
| LDL cholesterol | 97 | 124 | 29 | 58, 189 |
| Total cholesterol | 97 | 194 | 32 | 125, 264 |
| Triglycerides (blood) | 97 | 118 | 69 | 37, 310 |
| ApoB | 96 | 103 | 24 | 63, 156 |
| Glucose (blood) | 97 | 89 | 9 | 70, 121 |
| Insulin | 86.0 | 8.9 | 5.3 | 2.9, 41.1 |
| HbA1c (%) | 96.00 | 5.44 | 0.25 | 4.84, 6.00 |
| HOMA-IR | 86.00 | 1.97 | 1.20 | 0.57, 8.84 |
| Stress Markers | | | | |
| A-amylase | 74 | 62 | 46 | 3, 206 |
| Cortisol (blood) | 93.0 | 14.2 | 4.7 | 3.0, 25.9 |
| Cortisol (saliva) | 73.00 | 0.31 | 0.16 | 0.07, 0.84 |
| Inflammation & Oxidative Stress Markers | | | | |
| AOPPs | 93 | 130 | 72 | 57, 346 |
| CRP | 87 | 1,421 | 1,206 | 125, 4,856 |