|  | AOPP | | | HOMA-IR | | | Alpha-amylase | | | CRP | | | Cortisol (blood) | | | Cortisol (saliva) | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Beta***1* | **SE***2* | **P** | **Beta***1* | **SE***2* | **P** | **Beta***1* | **SE***2* | **P** | **Beta***1* | **SE***2* | **P** | **Beta***1* | **SE***2* | **P** | **Beta***1* | **SE***2* | **P** |
| Unadjusted | | | | | | | | | | | | | | | | | | |
| General fitness (PC1) | -0.20 | 0.106 | 0.064 | -0.29\*\* | 0.107 | 0.009 | 0.22 | 0.118 | 0.073 | -0.19 | 0.110 | 0.10 | 0.08 | 0.107 | 0.4 | 0.03 | 0.122 | 0.8 |
| R² | 0.039 |  |  | 0.083 |  |  | 0.046 |  |  | 0.034 |  |  | 0.007 |  |  | 0.001 |  |  |
| Age Adjusted | | | | | | | | | | | | | | | | | | |
| General fitness (PC1) | -0.22 | 0.114 | 0.059 | -0.29\* | 0.115 | 0.012 | 0.22 | 0.125 | 0.085 | -0.18 | 0.121 | 0.13 | 0.10 | 0.116 | 0.4 | -0.01 | 0.129 | >0.9 |
| R² | 0.042 |  |  | 0.083 |  |  | 0.047 |  |  | 0.034 |  |  | 0.009 |  |  | 0.009 |  |  |
| No. Obs. | 88 |  |  | 82 |  |  | 70 |  |  | 82 |  |  | 88 |  |  | 69 |  |  |
| *1*\*p<0.05; \*\*p<0.01; \*\*\*p<0.001 | | | | | | | | | | | | | | | | | | |
| *2*SE = Standard Error | | | | | | | | | | | | | | | | | | |