|  | Frisklivssentral | | Kontroll | |
| --- | --- | --- | --- | --- |
|  | Pre | Post | Pre | Post |
| Antall | 16 | 16 | 22 | 22 |
| KMI | 31.3 (5.99) | 31.3 (5.99) | 27 (3.89) | 27.1 (3.86) |
| Taotal kroppsmasse | 92.6 (21.5) | 91.8 (20.9) | 81.7 (15.2) | 82.8 (14.6) |
| Midjemål | 105 (16.6) | 104 (16.4) | 94.2 (13.1) | 93.8 (13.2) |
| Mager masse | 51.2 (12.1) | 51.2 (11.9) | 50.9 (10.5) | 51 (10.5) |
| Fett masse | 38.8 (12.5) | 38 (12.6) | 28.1 (9.16) | 28.3 (9.56) |
| Fettprosent | 41.6 (6.65) | 41.1 (7.46) | 34.1 (7.74) | 33.8 (8.18) |
| Data er gitt som gjennomsnitt og standardavvik. | | | | |