|  | Frisklivssentral | | Kontroll | |
| --- | --- | --- | --- | --- |
|  | Pre | Post | Pre | Post |
| Antall | 3 | 3 | 19 | 19 |
| KMI | 27.5 (3.34) | 27.5 (3.34) | 26.4 (3.48) | 26.5 (3.46) |
| Taotal kroppsmasse | 85 (9.32) | 82.8 (6.39) | 80.8 (15.7) | 82.1 (15.2) |
| Midjemål | 95.1 (15) | 93.3 (14) | 93.5 (12.4) | 93 (12.5) |
| Mager masse | 53.8 (12.6) | 53.7 (11.6) | 51.8 (11) | 51.9 (11.1) |
| Fett masse | 28.4 (6.46) | 26.3 (8.56) | 26.2 (7.71) | 26.4 (8.32) |
| Fettprosent | 33.9 (8.88) | 32.1 (10.8) | 32.3 (6.54) | 31.9 (7.05) |
| Data er gitt som gjennomsnitt og standardavvik. | | | | |