|  | Frisklivssentral | | |  | | Kontroll | |  | | ΔFrisklivssentral vs ΔKontroll | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | Pre | Post | | P-verdi | Pre | Post | | P-verdi | | ANCOVA |
| Antall | | 8 | 8 | | - | 19 | 19 | | - | | - |
| KMI | | 29.2 (5.01) | 29.2 (5.01) | | - | 26.4 (3.48) | 26.5 (3.46) | | 0,958 | | 0,381 |
| Total vekt (kg) | | 85.5 (11.5) | 84.3 (8.9) | | 0,420 | 80.8 (15.7) | 82.1 (15.2) | | 0,799 | | 0,329 |
| Midjemål (cm) | | 101 (12.3) | 99.6 (11.6) | | 0,239 | 93.5 (12.4) | 93 (12.5) | | 0,902 | | 0,590 |
| Mager masse (kg) | | 49.8 (10.1) | 50 (9.92) | | 0,799 | 51.8 (11) | 51.9 (11.1) | | 0,982 | | 0,965 |
| Fett masse (kg) | | 33.1 (7.83) | 31.8 (7.52) | | 0,264 | 26.2 (7.71) | 26.4 (8.32) | | 0,941 | | 0,108 |
| Fett % | | 38.9 (7.68) | 38 (8.86) | | 0,958 | 32.3 (6.54) | 31.9 (7.05) | | 0,851 | | 0,350 |
| Data er gitt med gjennomsnitt og standardavvik. | | | | | | | | |  | | |