Supplemental Digital Content Table 4. Percent Changes for Dependent Variables.

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| --- | --- | --- | --- | --- | --- | --- |
| Variable | Condition | Males | |  | Females | |
| Average % Change† | Range of % Change |  | Average % Change† | Range of % Change | |
| Body weight | *HC* | 1.1 ± 0.7 | -0.2 to 2.7 |  | 0.9 ± 0.5 | 0.2 to 1.8 | |
| *VLC* | 0.7 ± 0.7 | -0.4 to 2.3 |  | 0.7 ± 0.8 | -2.1 to 2.0 | |
| Body mass | *HC* | 1.0 ± 0.8 | -0.6 to 2.4 |  | 1.0 ± 0.5 | -0.1 to 1.6 | |
| *VLC* | 0.7 ± 0.8 | -0.4 to 2.9 |  | 0.9 ± 0.6 | 0 to 2.4 | |
| Total LST | *HC* | 1.6 ± 1.4 | -1.1 to 5.0 |  | 1.9 ± 1.3 | -0.8 to 4.1 | |
| *VLC* | 1.2 ± 1.5 | -1.4 to 4.0 |  | 2.1 ± 1.3 | -0.3 to 4.6 | |
| Trunk LST | *HC* | 3.1 ± 2.8 | -2.6 to 9.3 |  | 2.8 ± 2.9 | -4.5 to 7.4 | |
| *VLC* | 1.6 ± 2.9 | -3.3 to 6.8 |  | 3.5 ± 2.6 | -3.3 to 7.3 | |
| Legs LST | *HC* | 0.8 ± 2.7 | -4.4 to 7.8 |  | 1.8 ± 2.4 | -2.3 to 7.1 | |
| *VLC* | 1.0 ± 2.9 | -5.3 to 5.9 |  | 1.3 ± 2.7 | -3.3 to 9.6 | |
| Arms LST | *HC* | -0.4 ± 4.0 | -6.0 to 6.5 |  | 0.4 ± 3.7 | -6.0 to 6.3 | |
| *VLC* | 0.4 ± 2.7 | -4.3 to 7.9 |  | -0.1 ± 4.4 | -9.3 to 8.2 | |
| Total FM | *HC* | -0.2 ± 4.0 | -6.4 to 7.0 |  | -0.7 ± 2.6 | -4.6 to 5.4 | |
| *VLC* | -0.6 ± 3.5 | -7.6 to 6.0 |  | -1.4 ± 2.6 | -7.8 to 5.1 | |
| Trunk FM | *HC* | -0.3 ± 5.8 | -13.7 to 12.1 |  | -2.0 ± 5.3 | -11.1 to 6.6 | |
| *VLC* | -2.8 ± 5.9 | -12.4 to 7.4 |  | -3.4 ± 5.1 | -14.2 to 8.6 | |
| Legs FM | *HC* | 0.6 ± 5.2 | -8.3 to 10.3 |  | 0.4 ± 3.9 | -6.8 to 9.7 | |
| *VLC* | 2.4 ± 5.2 | -4.0 to 17.5 |  | -0.2 ± 2.7 | -3.9 to 7.0 | |
| Arms FM | *HC* | -0.8 ± 6.3 | -7.5 to 10.3 |  | 0.4 ± 6.4 | -12.6 to 19.0 | |
| *VLC* | -0.7 ± 3.7 | -8.0 to 7.2 |  | 1.0 ± 6.1 | -14.0 to 12.4 | |
| Impedance | *HC* | -3.9 ± 4.0 | -14.6 to 3.7 |  | -4.9 ± 3.0 | -11.0 to 2.1 | |
| *VLC* | -3.7 ± 4.3 | -10.1 to 7.5 |  | -5.2 ± 3.7 | -10.8 to 3.3 | |
| TBW | *HC* | 1.7 ± 1.5 | -1.0 to 6.5 |  | 2.1 ± 1.2 | -0.4 to 4.5 | |
| *VLC* | 1.5 ± 1.4 | -1.9 to 3.9 |  | 2.1 ± 1.4 | -1.0 to 4.5 | |
| FFM | *HC* | 1.7 ± 1.6 | -1.0 to 6.2 |  | 2.0 ± 1.1 | -0.5 to 4.2 | |
| *VLC* | 1.1 ± 2.0 | -4.9 to 5.9 |  | 2.1 ± 1.4 | -0.9 to 4.4 | |
| BIA FM | *HC* | -0.8 ± 4.8 | -12.5 to 7.1 |  | -2.1 ± 3.3 | -10.0 to 2.0 | |
| *VLC* | -2.3 ± 7.2 | -15.1 to 17.2 |  | -2.5 ± 4.0 | -9.2 to 6.8 | |

Data presented as mean ± SD. †calculated as the average of for each participant.