

IGF-1, IGFBP-3,
IL-6, CRP,
Estradiol, TNF-α.DNA
Genotype
CPT
Lymphocytes
Comet,Waist to Hip ratio
Tanita Scale :Bioelectrical Impedance Analysis
(BIA)
BOD POD: fat percentage, fat mass, lean muscle
mass, Resting Metabolic Rate (RMR)

8-iso-F2α.

Creatinine

Adiponectin,
Ghrelin, Leptin8-hydroxy-
deoxyguanosinePedometer (steps/day)
Actiheart Heart rate monitor/accelerometer