**Table S3 Correlations between changes of skeletal muscle mass index and glycometabolic parameters.**

|  |  |
| --- | --- |
| Variable | ΔSMI (%) |
|  | R | *P* value |
| ΔWaist circumference (cm) | -0.209 | <0.001 |
| ΔBody weight (kg) | -0.494 | <0.001 |
| ΔBMI (kg/m2) | -0.586 | <0.001 |
| ΔASM (kg) | 0.588 | <0.001 |
| ΔFat mass (kg) | -0.719 | <0.001 |
| ΔPercent fat mass (%) | -0.834 | <0.001 |
| ΔSBP (mmHg) | -0.124 | <0.001 |
| ΔDBP (mmHg) | -0.146 | <0.001 |
| ΔHbA1c (%) | -0.063 | <0.001 |
| ΔFasting glucose (mg/dL) | -0.092 | <0.001 |
| ΔFasting insulin (μIU/mL) | -0.094 | <0.001 |
| ΔHOMA-IR  | -0.111 | <0.001 |
| ΔTotal cholesterol (mg/dL) | -0.097 | <0.001 |
| ΔTriglycerides (mg/dL) | -0.126 | <0.001 |
| ΔHDL cholesterol (mg/dL) | 0.074 | <0.001 |
| ΔLDL cholesterol (mg/dL) | -0.150 | <0.001 |
| ΔC-reactive protein (mg/L) | -0.012 | 0.186 |

*ASM* appendicular skeletal muscle mass, *BMI* body mass index, *DBP* diastolic blood pressure, *HDL* high density lipoprotein, *HOMA–IR* Homeostasis model assessment of insulin resistance, *LDL* low density lipoprotein, *SBP* systolic blood pressure, *SMI* skeletal muscle mass index.

ΔThe differences of the variables for the 1-year interval from baseline.