**Table 3. Descriptive characteristics of subjects at Baseline.**

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| --- | --- |
| **Parameters** | **Baseline****Mean ± SD** |
| Weight (kg) | 67.35 ± 9.77 |
| BMI (kg/m2) | 24.39 ± 3.39 |
| Waist Circumference (cm) | 77.24 ± 7.04 |
| Hip Circumference (cm) | 99.07 ± 7.67 |
| Waist/Hip ratio | 0.78 ± 0.07 |
| Biceps Skinfold (mm) | 5.99 ± 2.57 |
| Triceps skinfold (mm) | 15.93 ± 6.36 |
| Subscapular skinfold (mm) | 13.39 ± 3.89 |
| Suprailiac skinfold (mm) | 12.38 ± 5.25 |
| FM% (Skinfolds) | 24.30 ± 7.29 |
| Resistance (Ohm) | 518.07 ± 86.91 |
| Reactance (Ohm) | 54.07 ± 7.51 |
| TBW (l) | 38.03 ± 7.25 |
| ECW (l) | 17.58 ± 8.35 |
| ICW (l) | 20.45 ± 4.91 |
| BCM (kg) | 27.94 ± 6.71 |
| Phase Angle | 6.02 ± 0.72 |
| TBW (%) | 56.46 ± 6.62 |
| ECW (%) | 45.80 ± 3.43 |
| ICW (%) | 54.20 ± 3.44 |
| BCMI (kg/m2) | 10.01 ± 1.68 |

All results are expressed as mean ± standard deviation (SD).

BMI: body mass index; FM: fat mass; TBW: total body water; ECW: extracellular water; ICW: intracellular water; BCM: body cell mass; BCMI: body cell mass index.