**Table 1. Characterization of the sample according to group**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Control Group (n=12) | Intervention Group (n=12) |  |
|  |  Mean SD  |  Mean SD | p-value |
|  |  |  |  |
| Age (years) | 39,66 10,78 | 41,16 9,8 | 0,401 |
| Weight (kg) | 68,66 10,43 | 73,16 13,89 | 0,432 |
| Height (cm)BMI (kg/m(g²)FemaleMale |  170,25 6,2123,60 2,393 (25,00%)9 (75,00%) |  173,08 7,6424,25 3,054 (33,33%)8 (66,67%) | 0,7620,694 |

SD: standard deviation; BMI: Body mass index