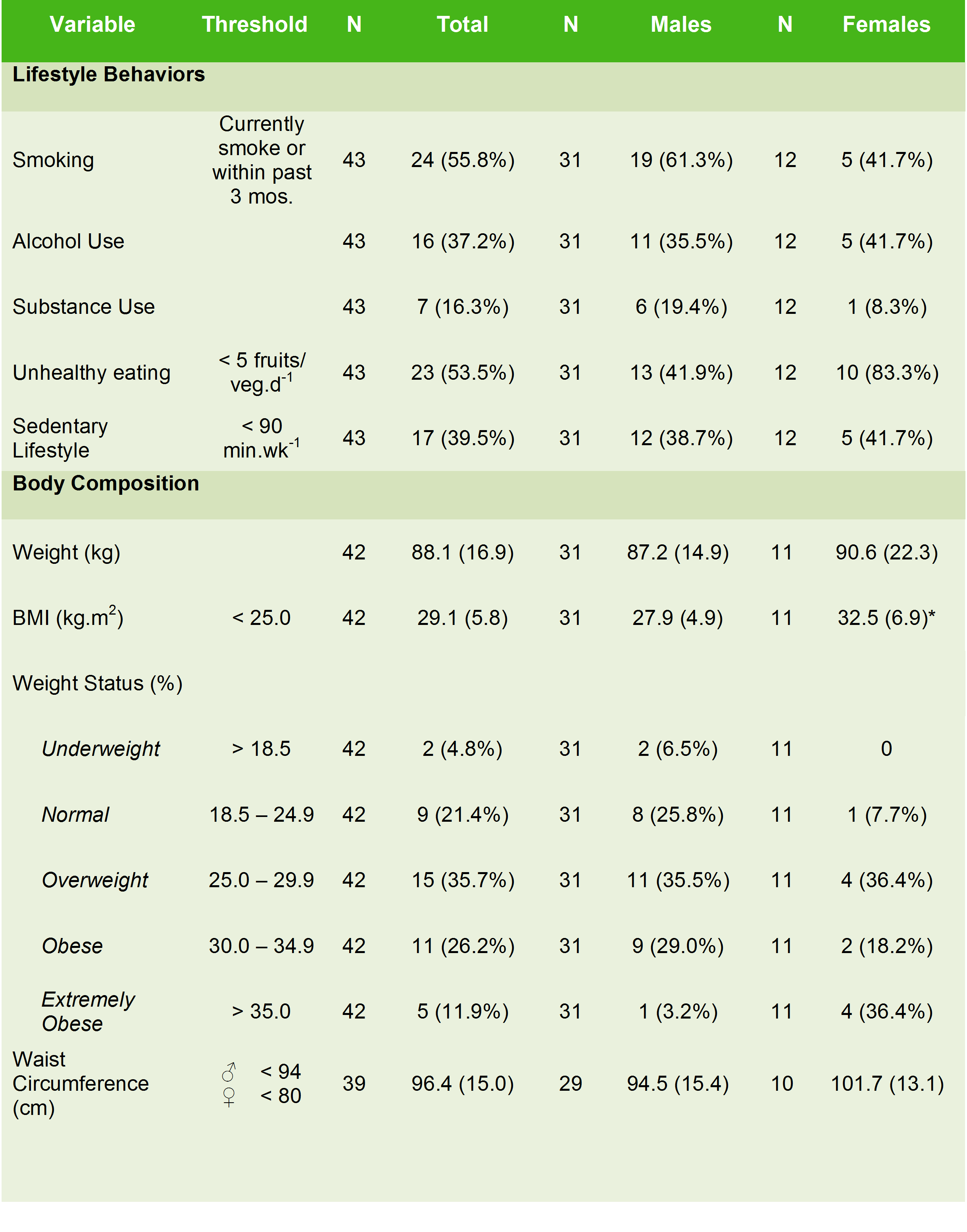
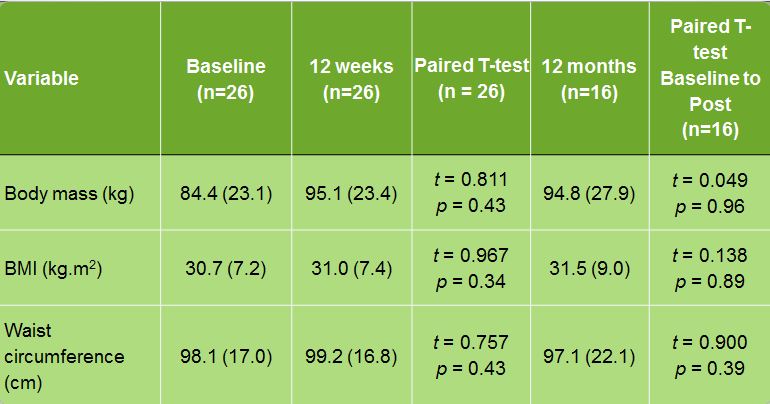
**Table 1. Cardiometabolic risk status and self-reported lifestyle behaviours at baseline by gender.**

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**Table 2. Comparison of anthropometric measurements at baseline, 12 weeks and 12 months.**



**Table 3. Comparison of cardiometabolic markers at baseline and 12 months post-intervention.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Variable** | **N** | **Baseline** | **12 months** | **Mean Change** | ***P value*** |
| Body mass index | 16 | 31.4 (8.5) | 31.5 (9.0) | 0.09 (2.5) | 0.89 |
| Waist circumference (cm) | ♂ 7    ♀ 7 | 100.2 (23.3)   90.7 (13.3) | 103.5 (27.5)  90. 7 (14.4) | 3.3 (8.0)  -0.04 (5.2) | 0.32  0.98 |
| Systolic blood pressure (mm Hg) | 15 | 122.4 (17.0) | 125.2 (17.0) | 2.8 (15.3) | 0.49 |
| Diastolic blood pressure (mm Hg) | 15 | 78.9 (9.2) | 79.4 (9.4) | 0.5 (9.5) | 0.85 |
| Resting heart rate (beats.min-1) | 13 | 84.7 (21.4) | 85.5 (21.3) | 0.8 (18.4) | 0.88 |
| Total cholesterol (mmol.L-1) | 9 | 4.4 (1.0) | 4.3 (1.0) | -0.2 (0.7) | 0.48 |
| Triglycerides (mmol.L-1) | 4 | 2.3 (1.9) | 2.0 (2.0) | -0.4 (1.5) | 0.64 |
| HbA1C (mmol.mol) | 7 | 31.8 (13.3) | 37.7 (9.7) | 5.9 (11.4) | 0.22 |
| Prolactin (mIU/L-1) | 6 | 852.0 (707.3) | 371.3 (239.1) | -480.7 (595.3) | 0.11 |