

**Supplemental Table 6. Changes in anthropometric variables after 6 weeks of treatment**

Variable	Treatment						Changes among treatments					
	WFA (n=41)		AI (n=40)		RFA (n=43)		AI vs WFA		RFA vs WFA		RFA vs AI	
	Post-int	Change	Post-int	Change	Post-int	Change	Mean (95%CI)	P	Mean (95%CI)	P	Mean (95%CI)	P
BMI, $kg/m^2$	24.6 ± 3.1	0.011 (-0.18;0.21)	25.7 ± 3.1	0.029 (-0.16; 0.22)	26.3 ± 3.3	-0.032 (-0.23; 0.17)	0.018 (-0.26;0.29)	0.896	-0.042 (-0.32;0.24)	0.764	-0.061 (-0.39;0.22)	0.665
Waist, $cm$	86.8 ± 10.2	0.196 (-0.74; 1.1)	89.6 ± 9.6	0.300 (-0.62; 1.2)	90.5 ± 9.8	-0.340 (-1.3;0.62)	0.104 (-1.2;1.4)	0.876	-0.536 (-1.9;0.81)	0.743	-0.640 (-2.0;0.68)	0.341
Waist/Height	0.52 ± 0.05	0.001 (-0.004; 0.01)	0.54 ± 0.06	0.002 (-0.004; 0.01)	0.55 ± 0.06	-0.002 (-0.01; 0.004)	0.001 (-0.01;0.01)	0.875	-0.003 (-0.01;0.005)	0.449	-0.004 (-0.01;0.004)	0.359

Post-int, post-treatment values. Change, change from baseline. BMI, body mass index. Data expressed as mean ± standard deviation or mean (95% Confidence Interval, CI). ANCOVA Model adjusted by sex,age, baseline .