

**Table 2***Anthropometrical characteristics of males and females according to the BMI categories*

Variable	BMI groups			
	Underweight	Normal weight	Overweight	Obese
N	11	83	19	18
Weight, kg**	50.7 (18.3)↓	63.9 (39.5)	80.4 (39.3)	97.6 (96.5)
Waist circumference, cm**	63.5 (19.5)	72.0 (30.7)	85.0 (23.0)	106.0 (77.0)
Hip circumference, cm**	87.5 (8.0)	95.0 (28.0)	104.0 (19.0)	116.0 (53.0)
WHR***	0.70 (0.25)	0.76 (0.27)	0.84 (0.23)	0.92 (0.36)
BMI, kg/m <sup>2</sup> **	17.3 (1.5)	21.9 (6.0)	26.5 (4.8)	34.0 (27.7)
WHtR**	0.37 (0.1)	0.4 (0.15)	0.5 (0.16)	0.63 (0.38)
Body fat mass, kg (BIA)**	8.7 (9.6)	13.35 (22.)	23.9 (27.2)	39.0 (65.3)
Body fat, % (BIA)***	17.3 (14.8)	22.4 (27.6)	31.1 (26.9)	39.7 (28.3)
Lean mass, kg (BIA)***	44.8 (15.5)	48.1 (37.1)	55.5 (29.9)	56.3 (45.7)

\*p-value < .05 \*\*p-value < .01, \*\*\*p-value < 0.01, ↓ Median (interquartile range)