

All data will be presented as means \pm SD. Pending examination of the data for running standard analyses of covariance (random, independent, and normal), non-normally distributed data will be transformed to normality if possible, or non-parametric statistical procedures will be used in the analysis. Differences in baseline values between the groups (i.e. weight, height, BMI, body composition) will be determined using an unpaired t-test for continuous data or a chi-squared test for categorical data. Main outcomes will be analyzed using linear mixed-effects models. Statistical significance will be set at $p < 0.05$ for all analyses. Data will be analyzed using R Studio software.