Table 5. Correlations of BMI in the total group with, waist circumference, %fat, %free fat mass, insulin, leptin, HOMA-IR, and resistin prior to intervention

	WC	% FAT	%FFM	INS	LEPT	HOMA-IR	RESISTIN
r	0.673	0.786	-0.734	0.413	0.266	0.459	0.238
p	<0.001	<0.001	<0.001	<0.001	0.250	<0.001	0.046

WC: waist circumference; FFM fat- free mass; HOMA-IR: homeostasis model assessment index; INS: insulin; LEPT: leptin