

Supplementary Table 1. Characteristics of the subjects who underwent sigmoidoscopy

	EX group (n=11)	WD-o group (n=10)	WD-y group (n=6)	Among group P
Age (yrs)	58.6±8.3	63.2±7	24.3±2 ^{1,3}	<0.001
Sex (M:F)	9:2	8:2	4:2	
Height (m)	1.77±0.1	1.76±0.1	1.79±0.1	NS
Weight (Kg)	76.7±11	83.5±8	82.6±13	NS
BMI (Kg/m²)	24.5±2.8	27.1±2.3 ²	25.7±1	0.05
Body fat (% body weight)	19.4±5	28.9±9 ²	17.9±8 ³	0.008
Lean mass (kg)	57.8±9	55.9±10	63.3±14	NS
Resting heart rate (b/min)	55±10	69±10 ²	66±12	0.01
SBP (mm Hg)	129±17	131±16	129±11	NS
DBP (mm Hg)	78±10	77±10	78±11	NS
LDL-c (mg/dl)	95±23	110±29	94±24	NS
HDL-c (mg/dl)	72±19	59±21	64±18	NS
Triglycerides (mg/dl)	66±22	104±37 ²	61±33 ³	0.01
TChol/HDL ratio	2.6±0.5	3.4±0.7	2.9±0.9	0.06
TG/HDL ratio	1.0±0.3	1.9±0.8 ¹	0.9±0.6 ³	0.002
Fasting glucose (mg/dl)	90±9	97±13	82±5 ³	0.05
Fasting insulin (mg/dl)	5.4±2.5	10.3±5.2 ²	6.6±3	0.02
HOMA-IR	1.2±0.7	2.5±1.2 ²	1.3±0.6	0.01
WBC (K/cumm)	5.0±1.6	6.0±1.7 ¹	4.9±0.5	<0.001
hsCRP (mg/L)	1.3±1.1	1.9±1.6	0.8±0.3	NS

All values are means ± SD.

Significantly different from EX group, P≤0.004¹, P≤0.05²

Significantly different from WD-o group, P≤0.05³