

Supplementary Table 4. Characteristics of participant sample

Attribute		<i>n</i> = 15
Gender	Male	8
	Female	7
Age	35-44 yrs	4
	45-54 yrs	3
	55-64 yrs	6
	65+ yrs	2
Education level	Did not complete school	1
	Completed school	7
	University degree	7
Weight lost on program	Gained weight	1
	0-3 kg	6
	4-7 kg	5
	8-11 kg	2
	12-15 kg	1

Abbreviations: yrs = years; kg = kilograms