**Supplementary Table S1. Characteristics of the participants**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Age | Height (cm) | Weight (kg) | BMI | WC (cm) |
| Gamer 1 | 24.5 | 180.5 | 66.5 | 20.4 | 77 |
| Gamer 2 | 26.2 | 185 | 84 | 24.5 | 91 |
| Gamer 3 | 29.5 | 189 | 73.7 | 20.6 | 82 |
| Gamer 4 | 29.3 | 174.5 | 81.1 | 26.6 | 88 |
| Gamer 5 | 28.3 | 185 | 95.3 | 27.8 | 102 |
| Gamer 6 | 23.5 | 186 | 85.6 | 24.7 | 89 |
| Gamer 7 | 23.9 | 180 | 94.1 | 29.0 | 99 |
| Gamer 8 | 23.7 | 178.5 | 77.6 | 24.4 | 89 |
| Gamer 9 | 23.3 | 186.5 | 87.5 | 25.2 | 82.5 |
| Median | **24.5** | **185** | **84** | **24.7** | **89** |
| Mean | **25.8 (±2.6)a** | **182.8 (±4.6)a** | **82.8 (±9.3)a** | **24.8 (±2.9)a** | **88.8 (±8.0)a** |