

Supplementary materials

Table S1. Variables at baseline and after 12 and 24 weeks of floorball and strength training for the floorball group and strength group.

	Floorball (n = 9)			Strength (n = 13)		
	Baseline	12 Weeks	24 Weeks	Baseline	12 Weeks	24 Weeks
Resting HR (bpm)	67.3±2.1	65.6±3.9	61.2±2.2	67.4±2.1	60.7±3.2*	66.3±3.2
Diastolic BP (mmHG)	82.4±2.9	81.0±2.2	83.3±2.8	86.7±2.1	83.0±4.6	86.4±2.2
Systolic BP (mmHG)	137±4.5	137±2.9	139±5.0	143±4.0	136±1.1	142±3.9
Body Mass (kg)	96.5±5.0	94.3±3.9	92.8±3.9*	88.7±4.4	88.3±2.5	88.1±4.7
Body mass Index (kg/m ²)	29.5±1.3	28.8±1.0	28.4±1.1	27.6±1.0	27.4±2.0	27.4±1.1
Fat Mass (kg)	33.0±2.9	30.9±1.8	29.7±1.4*	28.3±2.7	27.3±*1.2	27.1±2.7*
Android Fat (%)	46.5±1.9	44.5±1.5*	43.3±1.4*	42.2±2.0	41.2±*0.4	40.7±2.2*
Gynoid Fat (%)	31.7±0.9	30.9±0.8	29.9±0.8*	29.5±1.3	28.7±*1.2	28.2±1.1*
Visceral Fat (kg)	2.68±0.36	2.36±0.24	2.24±0.25*	2.35±0.35	2.27±0.35	2.27±0.38
Tot Lean body mass (kg)	59.6±2.3	59.6±2.3	59.6±2.4	57.3±1.7	57.8±2.0	57.9±2.0
Leg lean body mass (kg)	20.4±1.0	20.2±0.9	20.2±0.9	19.4±0.7	19.8 ± 0.8	19.5±0.8
Arm lean body mass (kg)	7.14±0.27	7.21±0.37	7.07±0.36	6.99±0.25	7.24±0.28	7.26±0.35
Total bone mass (kg)	3.46±0.15	3.47±0.15	3.44±0.15	3.09±0.08	3.07±0.09	3.09±0.09
Leg bone mass (kg)	1.31±0.05	1.31±0.05	1.30±0.05	1.21±0.03	1.2±0±0.03	1.21±0.03
Arm bone mass (kg)	0.46±0.06	0.52±0.93	0.51±0.02	0.43±0.04	0.48±0.02	0.48±0.02
Total BMD (gcm ²)	1.40±0.04	1.38±0.04	1.38±0.04	1.27±0.03	1.27±0.03	1.26±0.03
Leg BMD (g cm ²)	1.48±0.04	1.49±0.04	1.49±0.04	1.37±0.02	1.36±0.03	1.38±0.03
Arm BMD (g cm ²)	1.16±0.03	1.10±0.03	1.10±0.04	1.05±0.04	1.07±0.03	1.01±0.03
CTX (ng/l)	216±41	220±56*	242±49	376±59	327±57*	341±57
P1NP (µg/l)	45.5±4.5	50.6±7.1*	48.2±6.7	52.2±4.2	51.0±3.0*	52.8±4.5
Osteocalcin (µg/l)	14.7±1.3	48.2±6.7	16.7±1.2	18.6±2.0	53.1±4.2	18.7±2.2
HDL cholesterol (mmol/l)	1.23±0.18	1.33±0.19	1.37±0.17	1.39±0.08	1.58±0.19	1.38±0.11
LDL cholesterol (mmol/l)	3.53±0.29	3.38±0.28	3.24±0.1	4.29±0.28	4.00±*0.21	3.68±0.26*
Total cholesterol (mmol/l)	5.46±0.41	5.11± 0.32	5.05±0.26	5.94±0.26	5.72±0.22	5.44±0.29*
Hb1Ac (mmol/mol)	5.62±0.21	5.48±0.18	5.66±0.23	5.71±0.12	5.71±0.22	5.78±0.13
Glucose (mmol/l)	6.01±0.39	6.04±0.29	5.98±0.32	6.19±0.25	6.08±0.20	6.32±0.36
Maximal walk 6 min (m)	553±18	591±22	591±25*	565±12	590±15*	613±17*
Rise&Sit 30s (reps)	11.8±0.6	14.1±0.5*	15.0±0.5*	12.1±0.5	14.7±0.8*	15.3±0.8*
2.45 Up&Go (s)	6.15±0.17	4.73±0.12	4.71±0.15*	5.78±0.15	5.16±0.29*	4.77±0.17*
Armflexion (reps)	20.4±0.7	22.4±0.5*	21.1±0.7	21.5±0.8	22.0±0.9	22.5±0.5
Handgrip (kp)	43.2±1.2	43.9±2.5	42.4±1.9	44.1±1.6	46.1±1.5	45.0±1.2

Values are mean ± SE. BMD= Bone mass density, CTX = Carboxy-terminal collagen crosslinks, P1NP = Serum/plasma procollagen-type 1 N propeptide, HDL = High Density Lipoprotein, LDL = Low Density Lipoprotein, Hb1Ac = glycosylated hemoglobin. * Significant (p < 0.05) within group change from baseline.