**Table S1.** Anthropometric profile of the sample stratified by sexes and classified by nutritional condition by Body Mass Index (BMI), Waist to Height Ratio (WHtR), and Percent Body Fat (%BF)

|  |  |  |
| --- | --- | --- |
|  | Boys (Mean ± SD) | Girls (Mean ± SD) |
| Age (years) | 10.13 ± 2.41 | 10.58±2.44 |
| Weight (kg) | 43.98± 15.61 | 42.21 ± 16.65 |
| Height (cm) | 143.43± 15.51 | 142,90 ± 13,38 |
| Waist circumference (cm) | 70.40± 12.60 | 67.30±10.25 |
| BMI (kg/m2) | 19.71± 4.18 | 20.14±4.79 |
| WHtR | 0.48 ± 0.063 | 0.46± 0.054 |
| BMI1 |
|  | Low weightN (%) | Normal weight N (%) | Overweight N (%) | Obesity N (%) |
| Boys | 8 (4.20%) | 117 (61.60%) | 43 (22.60%) | 22 (11.60%) |
| Girls  | 11 (11.80%) | 48 (51.60%) | 25 (26.90%) | 9 (9.70%) |
| Total | 19 (6.70%) | 165 (58.30%) | 68 (24.00%) | 31 (11.00%) |
| WHtR2 |
|  | No abdominal obesity N (%) | Abdominal overweight N (%) | Abdominal obesity N (%) |
| Boys | 100 (52.60%) | 23 (12.10%) | 67 (35.30%) |
| Girls | 51 (54.80%) | 19 (20.40%) | 23 (24.70%) |
| Total | 151 (53.40%) | 42 (14.80%) | 90 (31.80%) |
| %BF3 |
|  | Low (p<10)N (%) | Medium (p-10-90) N (%) | High (p90-97) N (%) | Very high (p>97) N (%) |
| Boys | 5 (2.60%) | 76 (40.00%) | 40 (21.10%) | 69 (36.30%) |
| Girls | 10 (10.80%) | 47 (50.50%) | 15 (16.10%) | 21 (22.60%) |
| Total | 15 (5.30%) | 123 (43.50%) | 55 (19.40%) | 90 (31.80%) |

*BMI (Body Mass Index); WHtR (Waist to Heigth ratio); %BF (Body fat).*

*Excess weight:*

*1BMI of overweight or obesity according to the cut-off points of Cole et al. (Cole et al. 2000, 2007).*

*2Excess abdominal fat: WHR ≥ 0.47 in males and 0.48 in females (Marrodán et al. 2013). 3Excess adiposity: %BF >p90 according to the references of Marrodán et al. (Marrodán et al. 2006).*