Table S1: Changes of cardiometabolic risk factors of the metabolic syndrome in obese adults before and after the intensive lifestyle program.

	Baseline	9 months	18 months	P value
WC (cm)	113.6 ± 13.3	107.8 ± 11.5	107.3 ± 13.4	<0.0001
Elevated WC (n, %)	31 (77.5)	29 (72.5)	26 (65.0)	0.455
TG (mmol/L)	1.55 ± 0.60	1.24 ± 0.57	1.21 ± 0.59	0.0006
Elevated TG (n, %)	27 (67.5)	22 (55)	18 (45.0)	0.082
HDL-C (mmol/L)	1.19 ± 0.25	1.29 ± 0.34	1.27 ± 0.35	0.1820
Low HDL-C (n, %)	23 (57.5)	16 (40.0)	14 (35.0)	0.134
Resting SBP (mmHg)	131.1 ± 15.2	127.9 ± 12.9	130.0 ± 11.5	0.4107
Resting DBP (mmHg)	80.70 ± 7.60	77.26 ± 5.65	77.26 ± 4.52	0.0014
Elevated BP (n, %)	27 (67.5)	22 (55.5)	22 (55.5)	0.460
FPG (mmol/L)	5.64 ± 0.82	5.45 ± 0.87	5.39 ± 0.94	0.0390
Elevated FPG (n, %)	10 (25.0)	6 (15.0)	6 (15.0)	0.310

WC: waist circumference, TG: triglycerides, HDL-C; high density cholesterol, SBP: systolic blood pressure, DBP: diastolic blood pressure, BP: blood pressure, FPG: fasting plasma glucose. Data presented are Means ± SD or n and %.

Table S2: Characteristics of participants for each remission groups

	MS	T2DM	IFG	HTA
	N= 6	*N*= 2	*N*= 1	*N*= 2
Men (n, %)	4 (66.7)	2 (100)	1 (100)	1 (50)
Age (years)	58 ± 6.57	54 ± 0.00	63	61.5 ± 4.95
METs baseline	7.60 ± 1.05	9.47 ± 2.50	8	7.04 ± 1.6
METs at 18 months	8.7 ± 1.53	11.75 ± 1.20	8	7.33 ± 0.81

Among this group, 1 participant had a remission of MS and HTA and 1 participant had a remission of MS and T2DM. MS: metabolic syndrome, T2DM: type II diabetes, IFG: impaired fasting glycaemia, HTA: hypertension, METs: metabolic equivalent. Data presented are Means ± SD or n and %.