

**Supplementary Table S1.** Changes in each variable before and after Choisoko system use.

Valuable	Men Group (N = 16)		Women Group (N = 47)		<i>p</i> -value
	N	Mean $\pm$ SD	N	Mean $\pm$ SD	
Height	10	-2.6 $\pm$ 5.9	39	0.4 $\pm$ 2.2	0.151
Weight	10	-1.4 $\pm$ 7.3	37	0.2 $\pm$ 1.4	0.508
BMI	10	0.2 $\pm$ 3.2	37	0.0 $\pm$ 1.0	0.820
Body fat percentage	10	2.2 $\pm$ 8.9	35	0.2 $\pm$ 2.5	0.502
Alb	10	-0.1 $\pm$ 0.2	40	-0.1 $\pm$ 0.2	0.944
AST	10	5.1 $\pm$ 14.2	40	-0.6 $\pm$ 7.0	0.245
ALT	10	-1.1 $\pm$ 6.5	40	-1.0 $\pm$ 5.8	0.957
BUN	10	1.8 $\pm$ 4.8	40	1.3 $\pm$ 4.2	0.776
CRE	10	-0.1 $\pm$ 0.2	40	0.0 $\pm$ 0.1	0.404
eGFR	10	1.7 $\pm$ 5.9	39	1.7 $\pm$ 6.3	0.994
WBC	10	-290.0 $\pm$ 528.0	40	202.5 $\pm$ 1468.7	0.093
RBC	10	-7.4 $\pm$ 22.0	40	-15.4 $\pm$ 18.1	0.312
Hb	10	0.1 $\pm$ 0.6	40	-0.2 $\pm$ 0.6	0.188
Ht	10	-0.3 $\pm$ 2.1	40	-0.8 $\pm$ 1.7	0.481
MCV	10	0.8 $\pm$ 1.5	40	1.6 $\pm$ 1.7	0.184
MCH	10	0.8 $\pm$ 0.7	40	0.8 $\pm$ 0.9	0.804
MCHC	10	0.5 $\pm$ 0.8	40	0.3 $\pm$ 0.9	0.453
Platelet	10	-0.2 $\pm$ 2.4	40	-0.2 $\pm$ 2.7	0.953
Grip strength (right)	10	-0.7 $\pm$ 2.0	38	-1.3 $\pm$ 3.0	0.446
Grip strength (left)	10	-2.0 $\pm$ 3.6	38	-1.4 $\pm$ 2.2	0.678
Stand up	9	-0.9 $\pm$ 3.1	37	1.3 $\pm$ 12.9	0.357
Walk speed	10	0.1 $\pm$ 0.5	38	0.1 $\pm$ 1.8	0.950
Walk speed max	10	-3.1 $\pm$ 11.0	38	-0.3 $\pm$ 2.3	0.448
Muscle	10	-1.4 $\pm$ 2.6	35	0.1 $\pm$ 0.9	0.111
Volume of iliopsoas muscle	10	-3630.0 $\pm$ 14140.2	40	-470.0 $\pm$ 6605.3	0.507
FIM total score	10	0.6 $\pm$ 1.3	40	0.0 $\pm$ 0.8	0.204
FIM exercise score	10	0.4 $\pm$ 0.8	40	0.0 $\pm$ 0.5	0.155
FIM cognitive score	10	0.2 $\pm$ 0.6	40	0.0 $\pm$ 0.4	0.424