

**Table I. Descriptive Statistics.**

	<b>Boys (n=106)</b>	<b>Girls (n=160)</b>	<b>All (n=266)</b>
	<b>Mean±SD</b>	<b>Mean±SD</b>	<b>Mean±SD</b>
Age (years)	15.8 ± 0.3	15.9 ± 0.3	15.8 ± 0.3
Height (cm)	178.4 ± 18.3	166.9 ± 14.4	171.5 ± 8.1
Weight (kg)	69.1 ± 12.8	62.0 ± 11.3	64.9 ± 11.0
BMI (kg/m <sup>2</sup> )	21.7 ± 3	22.2 ± 3.2	22.0 ± 3.1

Abbreviations: n, number of participants. BMI, Body mass index.