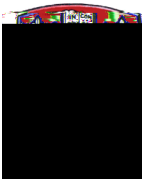

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(Aim 1) Baseline anthropometry did not differ among groups. At 12 months, all groups increased height ($p<0.001$) and lean mass ($p<0.001$), however BAZ was significantly lower in ModTx ($p<0.001$); %BF was also lower in ModTx ($p=0.02$), but not in StnTx ($p=0.99$) or Ctrl ($p=0.99$). FM, waist circumference and BMI z-score significantly increased in Ctrl ($p<0.03$). ModTx significantly decreased erythrocyte fatty acids related to dietary intake by 6 months ($p<0.05$). (Aim 2) Compared to baseline, 12 month measures of BMC in WB, LS, and LLS had significantly increased among all groups ($p<0.001$). However, WB BMD z-scores were significantly lower in Ctrl at 12 months compared to baseline ($p<0.05$), whereas BMD for WB and LLS were (w)5(8(i)-9(s)-9((w)5(8(iow)22.6<)4(0.)413(er-oot)-5( )-iowy)TJ(nc)-8(r)-10

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Under peer-review-