### Figures and Tables

<table>
<thead>
<tr>
<th></th>
<th>Day 1 – Approx 2 hours</th>
<th>Days 2-6</th>
<th>Day 7 – approx 15 mins</th>
</tr>
</thead>
</table>
| **Baseline assessment** | - Consent form and eligibility assessed  
- LBM,  
- Body fat%, Wt, Ht, Waist, Hip  
- QOL related questionnaires  
- TMill  
- Handgrip strength  
- Demographical info  
- Accel given | - Fasting CRP and LCn-3 | - Hand in Accel  
- Accel  
- Squat  
- Push up  
- DHQ   |
| **Mid intervention assessment** | As above except for consent form  
+  
Pill counts |                      |                       |
| **Post-intervention assessment** | Same as mid-intervention assessment |                      |                       |