Figure 1 Study design: The two groups of volunteers (Normal and High protein intake) followed a three-week residential programme with standardized and personalized diet and physical activity. Thereafter they returned home and were autonomous to manage their diet and physical activity, the latter being accompanied by a weekly session of physical activity on a voluntary basis. The two groups differed only by protein intake.

- Standardized and personalized
- Autonomous
- Questionnaires
- Questionnaires: nutrition and physical activity
- Residential programme
- At-home follow-up
- D0
- D20
- M3
- M6
- DXA biology
- DXA biology
- DXA biology
- DXA biology
- : One meeting of physical activity per week in at-home follow-up for volunteers
- : After the residential programme, physical activity and food intake were recorded twice a month on questionnaires