

Table 3: Differences in adipokines and VO₂max according to the degree of organized physical activity.

	Organized physical activity (hours/week)	Normal weight	Mean ± SD	p	Overweight	Mean ± SD	p	Obese	Mean ± SD	p
Leptin	≤ 2 h	6	5.83 ± 2.56	0.002	10	28.77 ± 13.68	0.579	24	38.00 ± 26.39	0.637
	> 2 h	24	16.41 ± 13.57		11	25.89 ± 6.82		8	33.25 ± 16.05	
Adiponectin	≤ 2 h	6	18.17 ± 4.54	0.375	10	11.95 ± 7.12	0.572	24	11.38 ± 4.47	0.782
	> 2 h	24	15.57 ± 7.11		11	13.95 ± 7.57		8	11.88 ± 4.37	
Homocysteine	≤ 2 h	6	6.88 ± 1.31	0.300	10	7.47 ± 2.79	0.812	24	9.06 ± 4.14	0.354
	> 2 h	24	7.850 ± 2.02		11	7.70 ± 1.02		8	7.62 ± 1.83	
HOMA Index	≤ 2 h	6	0.54 ± 0.43	0.560	10	2.35 ± 2.93	0.267	24	3.17 ± 4.03	0.507
	> 2h	24	0.66 ± 0.49		11	1.24 ± 0.91		8	2.18 ± 1.73	
VO ₂ max	≤ 2 h	6	1.39 ± 0.43	0.784	10	0.62 ± 0.16	0.875	24	0.41 ± 0.17	0.173
	> 2 h	24	1.21 ± 1.38		11	0.64 ± 1.17		8	0.51 ± 0.17	

t-test, HOMA-IR: Homeostatic model assessment of insulin resistance, VO₂max: maximum quantity of oxygen, SD: standard deviation.