Organized	Normal								
physical activity	weight	$Mean \pm SD$	р	Overweight	$Mean \pm SD$	р	Obese	$Mean \pm SD$	р
(hours/week)			_						_
Leptin $\leq 2 h$	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	
$\leq 2 h$	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	
$\leq 2 h$	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	
$\leq 2 h$	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	
$VO_2max \leq 2 h$	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	
	$\begin{array}{c} \text{physical activity} \\ (\text{hours/week}) \\ \leq 2 \text{ h} \\ > 2 \text{ h} \\ \leq 2 \text{ h} \\ \geq 2 \text{ h} \\ \leq 2 \text{ h} \\ \geq 2 \text{ h} \\ \leq 2 \text{ h} \\ \geq 2 \text{ h} \\ \leq 2 \text{ h} \end{array}$	physical activity (hours/week)weight ≤ 2 h6> 2 h24 ≤ 2 h6> 2h24 ≤ 2 h6> 2h24 ≤ 2 h6	$\begin{array}{c c c c c c c c c c c c c c c c c c c $	$\begin{array}{c c c c c c c c c c c c c c c c c c c $	$\begin{array}{c cccc} physical activity & weight & Mean \pm SD & p & Overweight \\ \hline (hours/week) & & & & & \\ \hline \leq 2 h & 6 & 5.83 \pm 2.56 & 0.002 & 10 \\ \hline > 2 h & 24 & 16.41 \pm 13.57 & 11 \\ \leq 2 h & 6 & 18.17 \pm 4.54 & 0.375 & 10 \\ \hline > 2 h & 24 & 15.57 \pm 7.11 & 11 \\ \leq 2 h & 6 & 6.88 \pm 1.31 & 0.300 & 10 \\ \hline > 2 h & 24 & 7.850 \pm 2.02 & 11 \\ \hline \leq 2 h & 6 & 0.54 \pm 0.43 & 0.560 & 10 \\ \hline > 2h & 24 & 0.66 \pm 0.49 & 11 \\ \hline \leq 2 h & 6 & 1.39 \pm 0.43 & 0.784 & 10 \\ \hline \end{array}$	$\begin{array}{c c c c c c c c c c c c c c c c c c c $	$\begin{array}{c c c c c c c c c c c c c c c c c c c $	$\begin{array}{c c c c c c c c c c c c c c c c c c c $	$\begin{array}{c ccccccccccccccccccccccccccccccccccc$

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

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