Figure 1

Initiation of Treatment

Treatment (28 weeks)

End of Treatment

Blood Collection:
- DNA Isolation
- Biochemical Variables

Anthropometric Measurements and Blood Pressure

Body Composition Analysis

Questionnaire Implementation

Chronodisruptors
- Sleep duration
- Snacking frequency
- Eveningness

Behavioral Techniques
- Stimulus Control
- Self-Monitoring
- Positive-Reinforcement
- Preventing Relapse
- Cognitive Restructuring

Nutritional Education
- Basic concepts in nutrition
- Exchange system
- Nutritional sessions

Physical Activity
- 15-30 min
- 2-3 times a week
- 10,000 steps (Pedometer)

Treatment Structure (Group Therapy)

Diet
- Mediterranean Dietary Pattern

Figure 1

Physical Activity
- 15-30 min
- 2-3 times a week
- 10,000 steps (Pedometer)
Figure 3
Figure 4

A

\[ r = -0.302 \]
\[ P = 0.044 \]
\[ n = 43 \]

B

\[ r = -0.332 \]
\[ P = 0.026 \]
\[ n = 43 \]