***Supplementary data***

**Supplementary Table S1. Anthropometric data, body composition, hand dynamometry, heart rate and blood pressure in *H. pylori* negative and positive healthy sedentary subjects (Mean ± SEM)**

|  |  |  |  |
| --- | --- | --- | --- |
| Parameter | *H. pylori*-negative (n=18) | *H. pylori*-positive  (n=12) | p value (one way ANOVA) |
| Age (years) | 29.39 ± 1.22 | 29.17 ± 1.76 | 0.915 |
| Height (cm) | 178.1 ± 1.5 | 178.7 ± 1.4 | 0.811 |
| Body mass (kg) | 78.32 ± 2.51 | 79.48 ± 4.93 | 0.821 |
| Fat content (%) | 21.37 ± 1.54 | 20.62 ± 2.95 | 0.807 |
| Visceral fat (%) | 7.11 ± 0.73 | 7.42 ± 1.34 | 0.830 |
| Muscular mass (%) | 38.45 ± 0.99 | 38.61 ± 1.61 | 0.930 |
| Body mass index (kg/m2) | 24.72 ± 0.68 | 24.88 ± 1.48 | 0.910 |
| Dynamometry (right hand, kg) | 49.28 ± 1.40 | 47.42 ± 1.76 | 0.412 |
| Dynamometry (left hand, kg) | 44.17 ± 1.74 | 43.75 ± 1.62 | 0.870 |
| Heart rate (bpm) | 58.89 ± 1.68 | 66.42 ± 2.08 | 0.009 |
| Systolic blood pressure (mmHg) | 116.4 ± 1.2 | 118.6 ± 1.654 | 0.285 |
| Diastolic blood pressure (mmHg) | 75.3 ± 1.2 | 77.67 ± 1.93 | 0.276 |

**Supplementary Table S2. The levels of selected hormones in *H. pylori* negative and positive healthy sedentary subjects (Mean ± standard deviation)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Parameter | *H. pylori*-negative (n=18) | *H. pylori*-positive (n=12) | p value (one way ANOVA) | Reference range |
| Cortisol (nmoll/l) | 321.1 ± 145.9 | 195.6 ± 73.6 | 0.513 | 140-600 |
| TSH (mU/l) | 1.76 ± 0.41 | 1.51 ± 0.21 | 0.646 | 0.3-4.0 |
| Testosterone (nmoll/l) | 34.23 ± 1.94 | 29.48 ± 3.31 | 0.198 | 9.0-38.0 |
| Aldosterone (pg/ml) | 128.5± 18.6 | 144.6 ± 25.4 | 0.606 | 25–320 |