**Table 1.** Participant characteristics.

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| --- | --- | --- |
| **Variable** | **Met Synd (n=8)** | **Met Healthy (n=8)** |
| Age (years) | 61 ± 7 | 30 ± 10 \* |
| BMI (kg·m-2) | 30 ± 4 | 23 ± 2 \* |
| Body weight (kg) | 86 ± 6 | 71 ± 7 \* |
| Body fat (%) | 32 ± 6 | 15 ± 5 \* |
| Waist circumference (cm) | 105 ± 6 | 81 ± 5 \* |
| Fasting glucose (mg·dL-1) | 117 ± 25 | 88 ± 6 \* |
| Triglycerides (mg·dL-1) | 119 ± 59 | 57 ± 21 \* |
| HDL-c (mg·dL-1) | 48 ± 13 | 59 ± 8 \* |
| Resting SBP (mmHg) | 128 ± 10 | 116 ± 10 \* |
| Resting DBP (mmHg) | 79 ± 7 | 66 ± 13 \* |
| VO2 max (mL·kg-1·min-1) | 31 ± 6 | 51 ± 8 \* |
| HR max (bt·min-1) | 156 ± 3 | 183 ± 15 \* |
| Years under statin treatment | 5 ± 2 | ------ |

Values are mean ± SD. \* Differences between groups at P<0.01.