

Table S1. Estimates from mixed regression models of the association of a 180 MET-minutes/week increase in baseline moderate-to-vigorous or vigorous physical activity from sports/exercise with lipid parameters over each visit period of approximately 3 years.

		Men		Women	
		Moderate/vigorous	Vigorous	Moderate/vigorous	Vigorous
Whites	HDL	2.90 (1.88, 3.92) <sup>a</sup>	4.88 (3.56, 6.20) <sup>a</sup>	4.89 (3.43, 6.35) <sup>a</sup>	6.49 (4.33, 8.66) <sup>a</sup>
	LDL	0.13 (-2.57, 2.83)	-1.73 (-5.22, 1.76)	-3.96 (-7.09, -0.83) <sup>a</sup>	-2.93 (-7.56, 1.70)
	Total cholesterol	0.43 (-2.50, 3.37)	-1.34 (-5.14, 2.45)	-1.43 (-4.70, 1.84)	1.09 (-3.75, 5.92)
	Triglycerides	-12.24 (-18.97, -5.50) <sup>a</sup>	-20.62 (-29.32, -11.92) <sup>a</sup>	-9.03 (-15.15, -2.91) <sup>a</sup>	-7.47 (-16.55, 1.60)
African Americans	HDL	4.74 (1.66, 7.82) <sup>a</sup>	5.69 (2.13, 9.24) <sup>a</sup>	3.72 (0.67, 6.76) <sup>a</sup>	4.03 (-0.56, 8.62)
	LDL	-1.09 (-8.52, 6.34)	-2.77 (-11.33, 5.79)	-9.55 (-16.37, -2.73) <sup>a</sup>	-6.83 (-17.12, 3.45)
	Total cholesterol	1.96 (-5.76, 9.68)	0.92 (-7.97, 9.82)	-6.23 (-13.36, 0.91)	-4.57 (-15.24, 6.09)
	Triglycerides	-8.23 (-19.57, 3.11)	-7.83 (-19.35, 3.69)	-4.64 (-14.54, 5.25)	-4.68 (-19.44, 10.08)

β (95% confidence interval)\*180 MET-minutes/week shown

<sup>a</sup>p<0.05; HDL, high density lipoprotein cholesterol; LDL, low density lipoprotein cholesterol

Table S2. Estimates from mixed regression models controlled for BMI of the association of a 180 MET-minutes/week increase in baseline physical activity from sports/exercise with lipid parameters over each visit period of approximately 3 years.

	Men		Women	
	Whites	African Americans	Whites	African Americans
HDL	2.19 (1.21, 3.17) <sup>a</sup>	4.27 (1.38, 7.16) <sup>a</sup>	3.56 (2.18, 4.94) <sup>a</sup>	3.00 (0.02, 5.00) <sup>a</sup>
LDL	0.61 (-2.11, 3.33)	-1.35 (-8.72, 6.01)	-2.21 (-5.33, 0.91)	-10.41 (-17.25, -3.56) <sup>a</sup>
Total cholesterol	1.11 (-1.85, 4.07)	1.74 (-5.97, 9.45)	0.14 (-3.14, 3.42)	-7.60 (-14.75, -0.44) <sup>a</sup>
Triglycerides	-7.55 (-14.16, -0.95) <sup>a</sup>	-7.28 (-16.99, 2.42)	-3.02 (-8.91, 2.88)	-3.90 (-13.85, 6.05)

β (95% confidence interval)\*180 MET-minutes/week shown

<sup>a</sup>p<0.05; HDL, high density lipoprotein cholesterol; LDL, low density lipoprotein cholesterol

Models controlled for baseline age, education, smoking status, ARIC field center, visit, and BMI