

SUPPLEMENTAL MATERIAL

Supplemental Table. Characteristics at Baseline and Last Examinations by Combinations of Changes in Cardiorespiratory Fitness and Body Mass Index in 14 345 Men.

	BMI change								
	Loss			Stable			Gain		
	Fitness Change			Fitness Change			Fitness Change		
	Loss	Stable	Gain	Loss	Stable	Gain	Loss	Stable	Gain
Body weight, kg									
At baseline	84.4	85.9	87.2	81.0	81.0	80.7	84.2	83.7	82.8
	(11.6)	(12.6)	(13.2)	(10.4)	(10.3)	(10.5)	(12.4)	(12.2)	(12.2)
At last	81.5	82.3	82.6	82.7	82.2	80.9	91.3	89.0	85.6
	(11.6)	(11.8)	(11.8)	(10.7)	(10.5)	(10.5)	(14.2)	(13.0)	(12.5)
Body mass index, kg/m ²									
At baseline	26.3	26.8	27.2	25.1	25.2	25.2	26.1	26.0	25.7
	(3.2)	(3.5)	(3.6)	(2.7)	(2.7)	(2.8)	(3.3)	(3.4)	(3.3)
At last	25.3	25.6	25.7	25.8	25.7	25.4	28.4	27.8	26.7
	(3.1)	(3.2)	(3.2)	(2.7)	(2.7)	(2.8)	(4.0)	(3.7)	(3.4)

Cardiorespiratory fitness, maximal

METs

At baseline	12.4	11.6	11.0	13.2	11.9	11.6	12.7	11.5	11.3
	(2.4)	(2.2)	(2.2)	(2.4)	(2.0)	(2.3)	(2.4)	(2.1)	(2.2)
At last	11.2	11.9	12.8	11.4	12.2	13.3	11.1	11.7	12.5
	(2.3)	(2.2)	(2.3)	(2.2)	(2.1)	(2.5)	(2.2)	(2.1)	(2.3)

Systolic blood pressure, mm Hg

At baseline	123	123	123	120	120	120	120	120	120
	(14)	(14)	(14)	(13)	(13)	(12)	(13)	(13)	(12)
At last	121	122	120	124	123	119	124	123	120
	(14)	(14)	(13)	(15)	(14)	(13)	(14)	(13)	(12)

Diastolic blood pressure, mm Hg

At baseline	82 (9)	82 (9)	82 (10)	80 (9)	80 (9)	80 (9)	80 (9)	80 (9)	81 (9)
At last	80 (9)	81 (9)	80 (9)	82 (9)	82 (9)	80 (9)	84 (10)	82 (9)	81 (9)

Fasting glucose, mg/dL

At baseline	103.3	101.8	101.8	99.9	99.0	98.2	98.8	98.8	98.7
	(23.3)	(17.7)	(18.5)	(12.5)	(12.4)	(11.7)	(13.5)	(11.7)	(13.7)
At last	99.9	99.8	98.8	99.1	99.6	98.4	100.6	100.0	99.3

	(20.8)	(18.4)	(16.7)	(12.4)	(16.7)	(11.8)	(14.3)	(13.1)	(14.1)
Total cholesterol, mg/dL									
At baseline	212.9	211.0	214.3	209.0	207.6	206.5	202.4	207.4	205.6
	(38.6)	(39.0)	(41.7)	(37.2)	(36.9)	(38.5)	(37.7)	(38.9)	(39.0)
At last	202.2	198.8	201.2	198.7	201.7	202.8	206.2	211.1	206.5
	(39.3)	(36.7)	(38.0)	(34.9)	(38.8)	(36.6)	(38.3)	(40.7)	(37.9)
Abnormal electrocardiogram, %*									
At baseline	11	8	8	6	5	6	5	5	6
At last	17	13	8	19	13	6	12	10	6
Current smoker, %									
At baseline	18	15	15	12	16	17	16	21	22
At last	16	15	13	10	10	12	12	13	14
Heavy drinker, %†									
At baseline	18	18	17	17	20	18	17	18	19
At last	12	11	13	11	13	15	12	14	17
Physically inactive, %‡									
At baseline	24	28	33	17	30	32	22	31	31
At last	29	22	16	24	21	15	28	28	19

Parental CVD, %

At baseline	31	33	28	30	26	27	26	25	29
At last	23	30	26	26	27	26	26	27	27

Data are presented as mean (SD) unless otherwise indicated.

* Defined as abnormal resting or exercise electrocardiogram.

† Defined as >14 alcohol drinks per week.

‡ Defined as no leisure-time physical activity in the past 3 months before the examination.