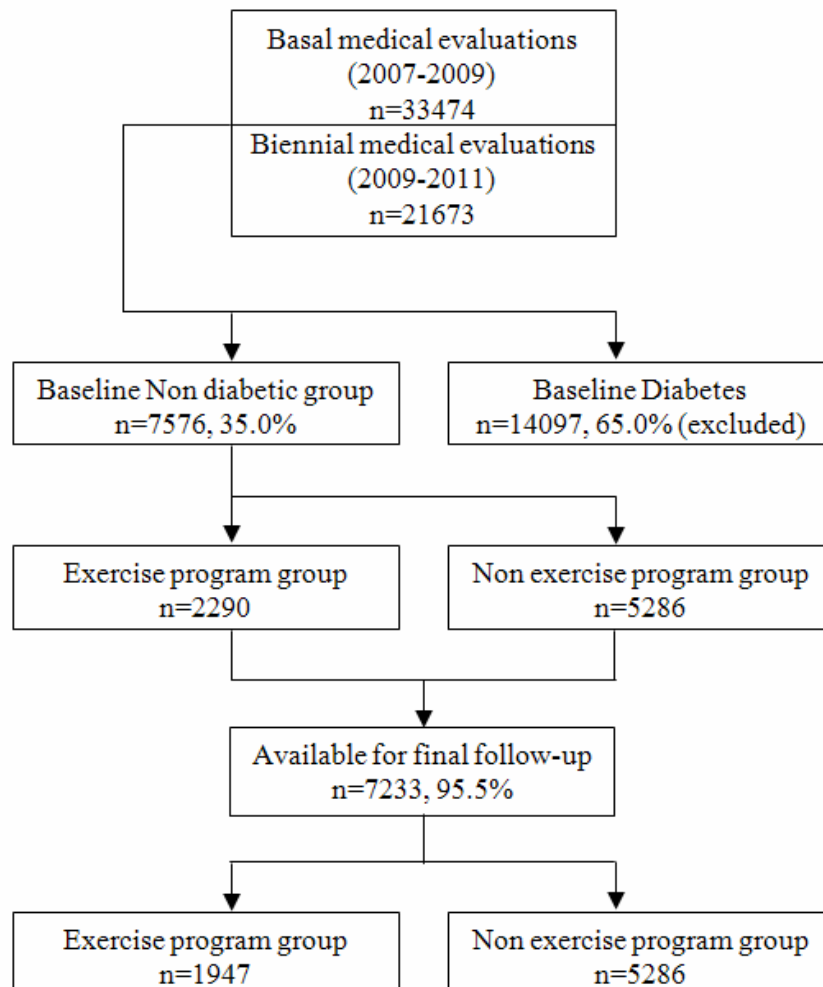SUPPLEMENTARY DATA

Supplementary Table 1. Participants' basal physical fitness test characteristics at baseline and at the end of the 2-year study. Mean ± SE. P-values derived from paired t-test.

| The basal physical fitness test	Baseline	Follow-up	P
Hand-grip strength measurement	27.6±0.17	29.0±0.17	<0.001
Sit-up test	8.95±0.13	12.37±0.13	<0.001
Standing on leg with eyes closed test	10.9±0.28	15.8±0.37	<0.001
Trunk Flexion Forward	13.1±0.19	15.8±0.18	<0.001
Target Heart Rate	83.5±1.87	107.6±1.77	<0.001
Stable Heart Rate	74.6±0.22	75.0±0.22	0.063

Mean ± SE. *P*-values derived from paired *t*-test.

Supplementary Figure 1. Flow chart showing the procedure and results of screening, recruitment and classification of the study subjects.

SUPPLEMENTARY DATA

Supplementary Figure 2. A. Odds ratio of type 2 diabetes according to exercise program and BMI. B. Exercise program and fasting glucose concentrations in normal (NFG) and impaired (IFG) fasting glucose. C. BMI and fasting glucose concentrations in NFG and IFG. Adjusted for age, sex, smoking and drinking, systolic and diastolic blood pressure, total cholesterol, and antihypertensive drug.
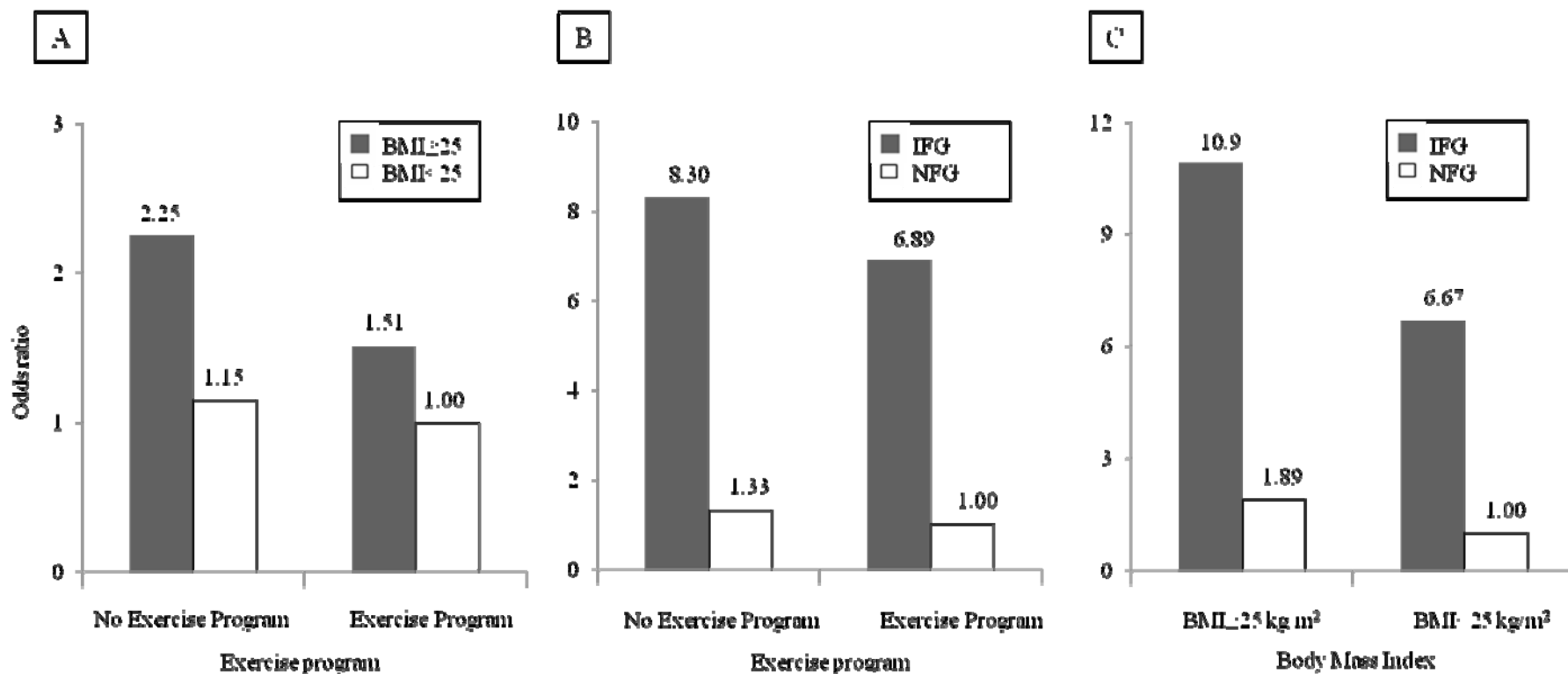
SUPPLEMENTARY DATA

Supplementary Figure 3. Odds ratio for type 2 diabetes according to participation in the 6-month exercise program, BMI, and fasting glucose concentrations. After adjusting for age, sex, smoking/drinking status, diastolic and systolic blood pressure, total cholesterol, and antihypertensive drug use.