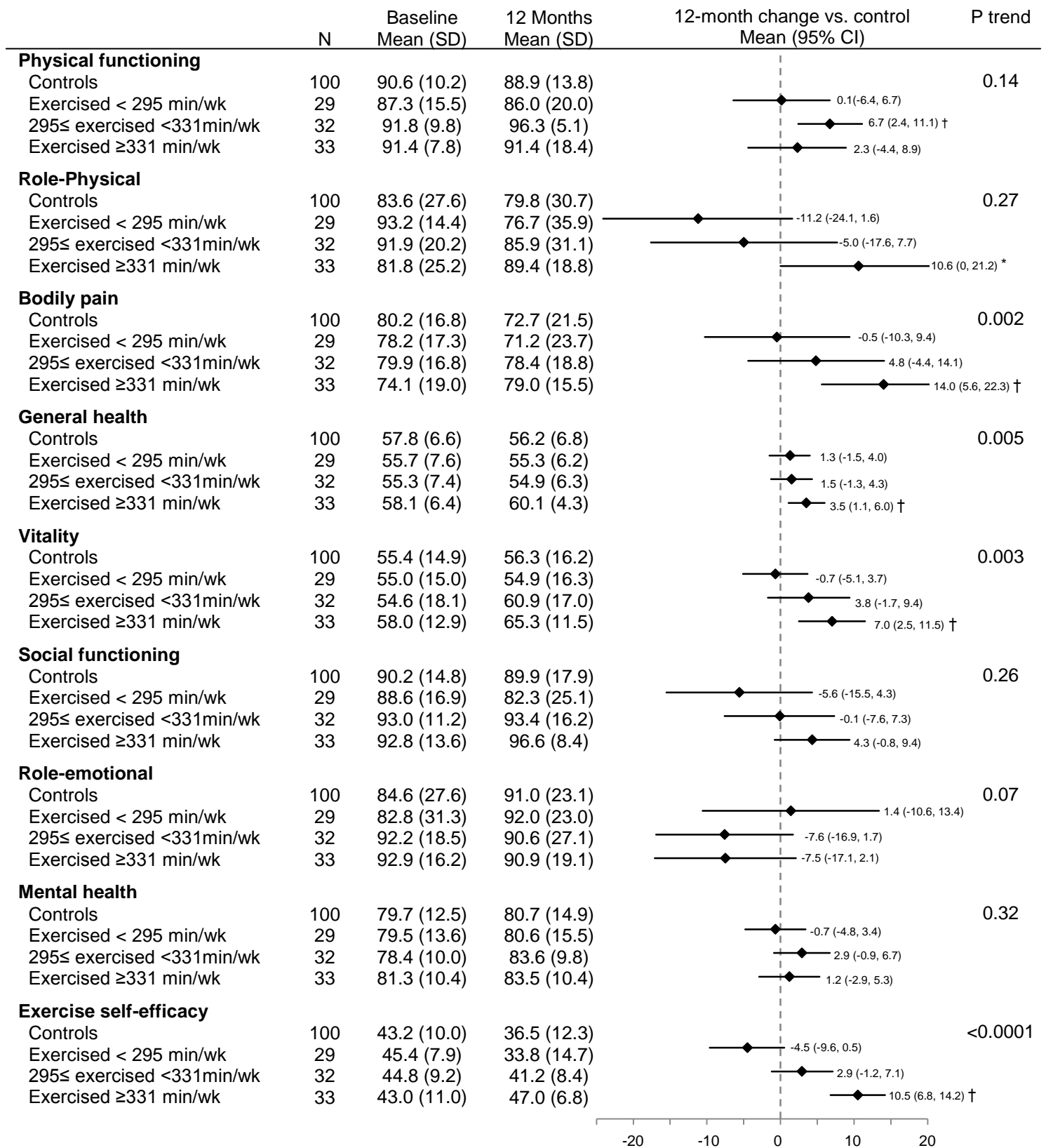


Supplement Table 1 Comparison of baseline characteristics between completers and non-completers

	Completers n=194	Non-completers n=8	P-value
Study arm, n (%)			
Exercise group	94 (48.5)	6 (75.0)	0.17
Control group	100 (51.5)	2 (25.0)	
Demographic and medical factors			
Age (years), Mean(SD)	55.4 (6.9)	52.6 (5.5)	0.26
Female, n(%)	94 (48.5)	6 (75.0)	0.17
Race (non-Hispanic white), n(%)	178 (94.1)	7 (87.4)	0.51
College degree, n(%)	117 (60.3)	6 (75.0)	0.49
Post-menopause, n(%)	60 (63.8)	3 (50.0)	0.67
Colon polyp Hx, n(%)	110 (56.7)	5 (62.5)	1.00
Medication use, n(%)			
Antidepressants	33 (17.0)	1 (12.5)	1.00
Anxiolytics	3 (1.6)	0 (0.0)	1.00
Anthropometrics and Lifestyle factors			
BMI (kg/m ²), Mean(SD)	29.3 (4.7)	30.0 (5.3)	0.66
Smoker, n(%)	11 (5.7)	1 (12.5)	0.39
VO _{2max} (ml/kg/min), Mean(SD)	27.4 (6.3)	24.4 (4.8)	0.18
Moderate-to-vigorous PA (min/week), Mean(SD)	58.3 (88.8)	24.8 (44.8)	0.29
Pedometer count (steps/day), Mean(SD)	6287 (2824)	3656 (3332)	0.02
Psychosocial factors, Mean (SD)			
Exercise self-efficacy (score range 0-55)	43.6 (9.8)	48.4 (6.4)	0.17
Health-related quality of life (score range 0-100)			
Physical functioning	90.6 (10.6)	86.3 (17.9)	0.52
Role-physical	86.3 (24.7)	84.4 (22.9)	0.83
Bodily pain	79.0 (17.3)	73.6 (17.4)	0.39
Vitality	56.0 (14.7)	46.6 (22.5)	0.09
General health	57.2 (6.9)	55.9 (7.6)	0.61
Social functioning	91.4 (13.6)	76.6 (25.4)	0.14
Role-emotional	88.3 (23.3)	54.2 (50.2)	0.10
Mental health	80.0 (11.7)	72.0 (15.7)	0.06

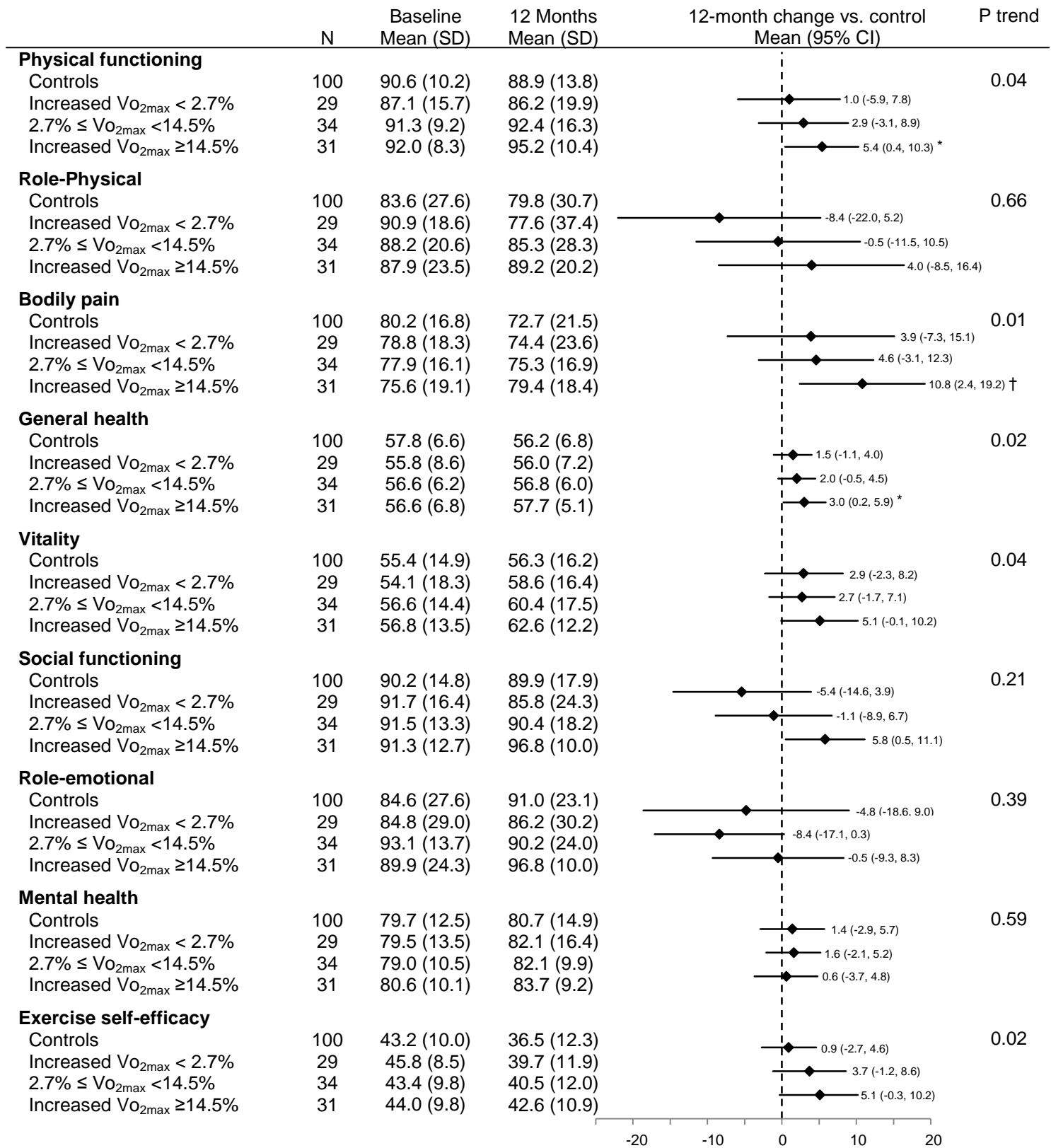
Fisher's exact test was used due to small number of non-completers

Supplement figure 1 Baseline and 12-month HRQOL and exercise self-efficacy scores stratified by adherence



N indicates a number of participants who had 12-month data on health-related quality of life and exercise self-efficacy outcomes. All participants had baseline data on health-related quality of life and exercise self-efficacy outcomes
 P_{trend} testing a trend in change from baseline to 12 months across subgroups, adjusting for age, gender, and antidepressant use
 a: $p < 0.05$, b: $p < 0.01$. P value comparing changes in HRQOL and exercise self-efficacy scores from baseline to 12 months between each adherence subgroup vs. controls, adjusting for age, gender, and antidepressant use

Supplement figure 2 Baseline and 12-month HRQOL and exercise self-efficacy scores stratified by percent changes in cardiopulmonary fitness (VO_{2max})

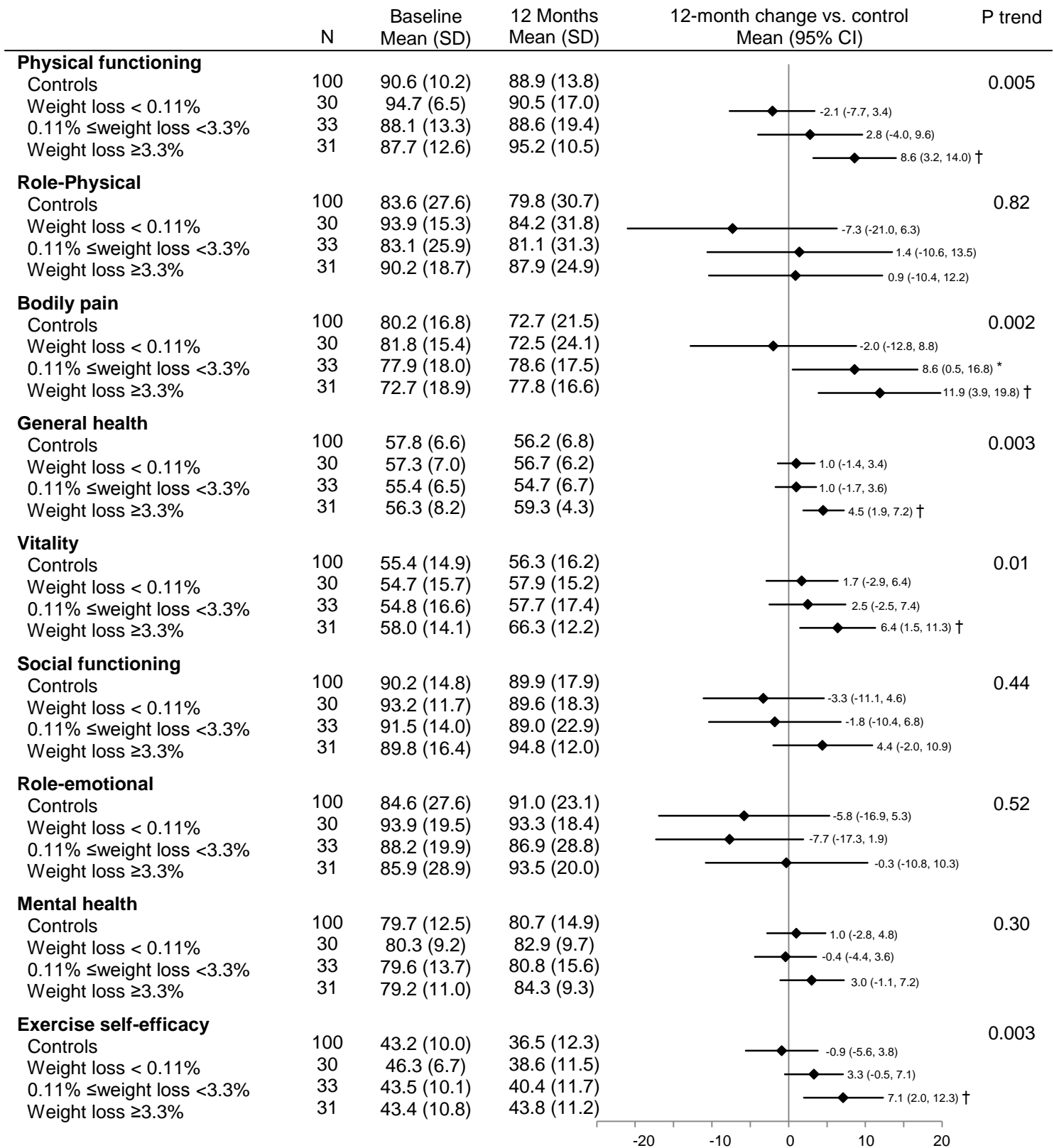


N indicates a number of participants who had 12-month data on health-related quality of life and exercise self-efficacy outcomes. All participants had baseline data on health-related quality of life and exercise self-efficacy outcomes

P_{trend} testing a trend in change from baseline to 12 months across subgroups, adjusting for age, gender, and antidepressant use

*: $p < 0.05$, †: $p < 0.01$. P value comparing changes in HRQOL and exercise self-efficacy scores from baseline to 12 months between each adherence subgroup vs. controls, adjusting for age, gender, and antidepressant use

Supplement figure 3 Baseline and 12-month HRQOL and exercise self-efficacy scores stratified by percent changes in body weight

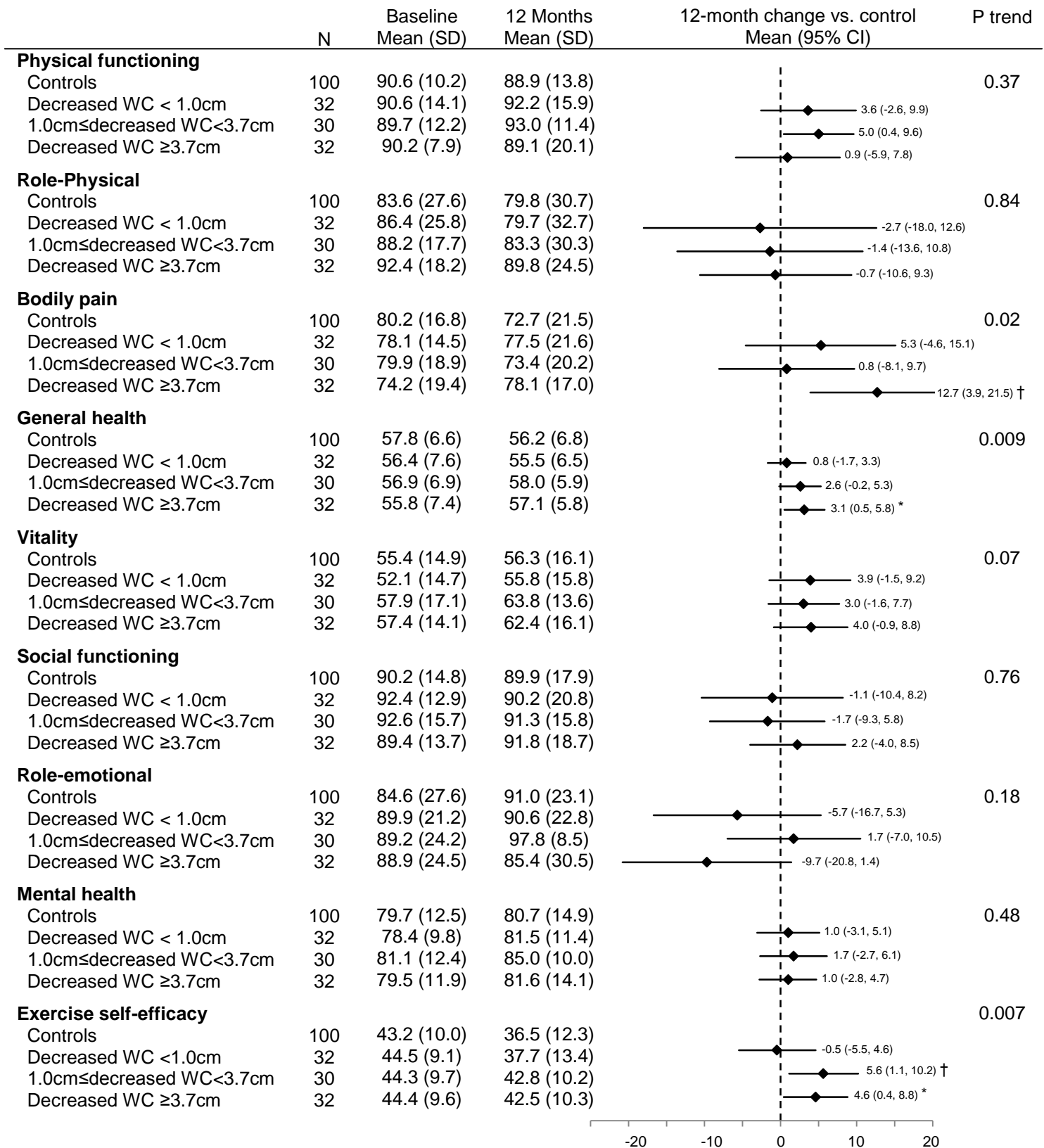


N indicates a number of participants who had 12-month data on health-related quality of life and exercise self-efficacy outcomes. All participants had baseline data on health-related quality of life and exercise self-efficacy outcomes

P_{trend} tested a trend in change from baseline to 12 months across subgroups, adjusting for age, gender, and antidepressant use

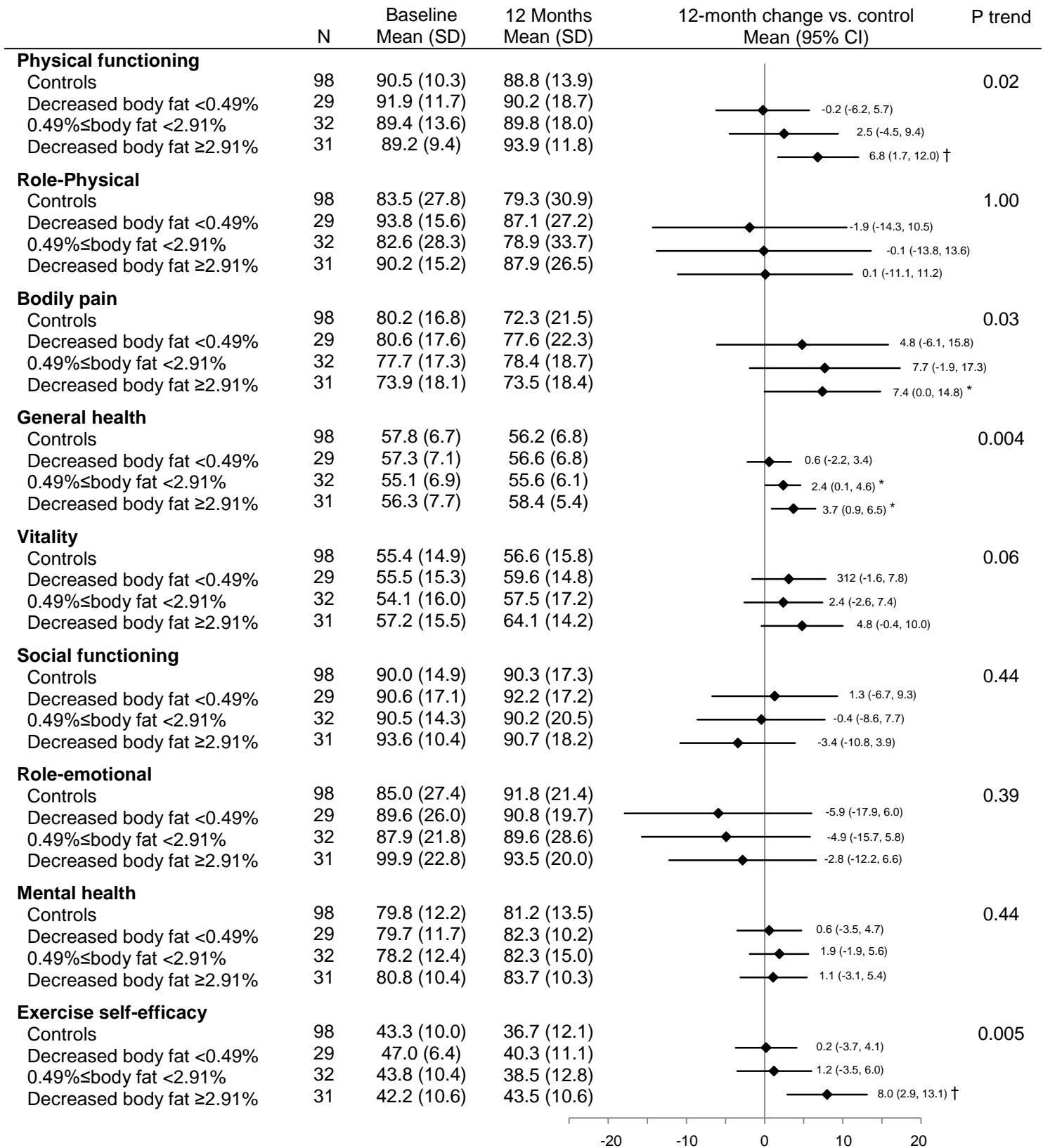
*: p<0.05, †: p<0.01. P value compared changes in HRQOL and exercise self-efficacy scores from baseline to 12 months between each adherence subgroup vs. controls, adjusting for age, gender, and antidepressant use

Supplement figure 4 Baseline and 12-month HRQOL and exercise self-efficacy scores stratified by percent changes in waist circumference (WC)



N indicates a number of participants who had 12-month data on health-related quality of life and exercise self-efficacy outcomes. All participants had baseline data on health-related quality of life and exercise self-efficacy outcomes
P_{trend} testing a trend in change from baseline to 12 months across subgroups, adjusting for age, gender, and antidepressant use
*: p<0.05, †: p<0.01. P value comparing changes in HRQOL and exercise self-efficacy scores from baseline to 12 months between each adherence subgroup vs. controls, adjusting for age, gender, and antidepressant use

Supplement figure 5 Baseline and 12-month HRQOL and exercise self-efficacy scores stratified by changes in percent body fat



N indicates a number of participants who had 12-month data on health-related quality of life and exercise self-efficacy outcomes. All participants had baseline data on health-related quality of life and exercise self-efficacy outcomes
P_{trend} testing a trend in change from baseline to 12 months across subgroups, adjusting for age, gender, and antidepressant use
*: p<0.05, †: p<0.01. P value comparing changes in HRQOL and exercise self-efficacy scores from baseline to 12 months between each adherence subgroup vs. controls, adjusting for age, gender, and antidepressant use