

Supplementary Table 1

Moderation of the RLE-Health Problems (Complaints) Relationship by Exercise and Gender^a

Model	Outcome	R ² (adj.)	Recent Life Events (RLE)							Recent Life Events (adjusted models) ^{e,f}								
			Predictors	B	SE	β	<i>p</i>	TC	VIF	Model	R ² (adj.)	Predictors	B	SE	β	<i>p</i>	TC	VIF
11a	Total health problems	0.176	Stress ^b	0.305	0.045	0.317	0.000	0.99	1.01	11b	0.220	Stress	0.321	0.047	0.323	0.000	0.98	1.02
			Exercise ^c	-0.114	0.045	-0.119	0.011	0.99	1.01			Exercise	-0.110	0.047	-0.112	0.019	0.98	1.02
			Gender ^d	-0.204	0.045	-0.211	0.000	0.99	1.01			Gender	-0.238	0.046	-0.245	0.000	0.98	1.03
12a	Physical Problems	0.175	Stress	0.253	0.041	0.301	0.000	0.90	1.11	12b	0.212	Stress	0.261	0.041	0.311	0.000	0.89	1.12
			Exercise	-0.130	0.040	-0.154	0.001	0.97	1.03			Exercise	-0.115	0.040	-0.136	0.004	0.94	1.06
			Gender	-0.161	0.040	-0.191	0.000	0.98	1.02			Gender	-0.168	0.039	-0.199	0.000	0.98	1.03
			Stress x Exercise	0.042	0.038	0.054	0.271	0.92	1.09			Stress x Exercise	0.044	0.037	0.057	0.234	0.91	1.10
			Exercise x Sex	-0.030	0.040	-0.036	0.451	0.97	1.03			Exercise x Sex	-0.009	0.040	-0.011	0.816	0.95	1.05
			Stress x Sex	-0.024	0.041	-0.029	0.554	0.91	1.1			Stress x Sex	-0.021	0.041	-0.025	0.598	0.91	1.10
			Stress x Exercise x Sex	-0.076	0.038	-0.098	0.045	0.92	1.09			Stress x Exercise x Sex	-0.064	0.037	-0.083	0.088	0.90	1.11
13a	Cardiovascular problems	0.069	Stress	0.109	0.036	0.214	0.003	1.00	1.00	13b	0.259	Stress	0.099	0.032	0.197	0.002	0.99	1.01
			Exercise	-0.114	0.041	-0.197	0.006	1.00	1.00			Exercise	-0.071	0.037	-0.123	0.057	0.97	1.03
			Gender	-0.029	0.040	-0.050	0.476	1.00	1.00			Gender	-0.053	0.036	-0.093	0.147	1.00	1.01
14a	Musculoskeletal problems	0.048	Stress	0.147	0.038	0.194	0.000	0.99	1.01	14b	0.125	Stress	0.161	0.038	0.215	0.000	0.98	1.02
			Exercise	-0.083	0.038	-0.108	0.030	0.99	1.01			Exercise	-0.064	0.038	-0.085	0.095	0.97	1.03
			Gender	-0.037	0.038	-0.048	0.332	0.99	1.01			Gender	-0.057	0.038	-0.075	0.135	0.98	1.02
15a	Psychological problems	0.130	Stress	0.303	0.054	0.309	0.000	1.00	1.00	15b	0.177	Stress	0.279	0.056	0.287	0.000	0.99	1.01
			Exercise	-0.053	0.056	-0.052	0.348	1.00	1.00			Exercise	-0.062	0.058	-0.061	0.286	0.98	1.02
			Gender	-0.170	0.057	-0.165	0.003	1.00	1.00			Gender	-0.188	0.058	-0.185	0.001	0.99	1.01

Note. ^a Non-significant interaction terms have been trimmed from the models, except in models 12a and 12b; ^b Stress is run as a z-score; ^c Exercise is run as a z-score; ^d Female = -1, Male = 1 (all models); ^e Models statistically adjusted for age, BMI, years of education, smoking (cigarettes/day), marital status (married, not married), employment status (employed, unemployed), household income, ethnicity (Caucasian, non-Caucasian); ^f Non-significant covariates were trimmed from adjusted models.

Supplementary Table 2

Moderation of the TLE-Health Problems (Complaints) Relationship by Exercise and Gender^a

Model	Outcome	R ² (adj.)	Traumatic Experiences (TLE)							TLE (adjusted models) ^{e,f}								
			Predictors	B	SE	β	<i>p</i>	TC	VIF	Model	R ² (adj.)	Predictors	B	SE	β	<i>p</i>	TC	VIF
16a	Total health problems	0.171	Stress ^b	0.305	0.045	0.317	0.000	0.99	1.01	16b	0.218	Stress	0.326	0.047	0.328	0.000	0.99	1.01
			Exercise ^c	-0.114	0.045	-0.119	0.011	0.99	1.01			Exercise	-0.107	0.047	-0.110	0.022	0.98	1.02
			Gender ^d	-0.204	0.045	-0.211	0.000	0.99	1.01			Gender	-0.243	0.046	-0.251	0.000	0.98	1.02
17a	Physical Problems	0.128	Stress	0.207	0.040	0.248	0.000	1.00	1.00	17b	0.163	Stress	0.208	0.041	0.249	0.000	0.91	1.10
			Exercise	-0.117	0.040	-0.139	0.004	0.99	1.01			Exercise	-0.108	0.040	-0.129	0.007	0.99	1.02
			Gender	-0.193	0.041	-0.228	0.000	0.99	1.01			Gender	-0.205	0.040	-0.243	0.000	0.98	1.02
18a	Cardiovascular problems	0.060	Stress	0.112	0.041	0.195	0.006	0.99	1.01	18b	0.229	Stress	0.059	0.038	0.104	0.124	0.93	1.08
			Exercise	-0.118	0.041	-0.203	0.005	0.99	1.01			Exercise	-0.071	0.038	-0.123	0.063	0.96	1.04
			Gender	-0.039	0.041	-0.068	0.338	1.00	1.00			Gender	-0.059	0.037	-0.103	0.115	0.99	1.01
19a	Musculoskeletal problems	0.033	Stress	0.111	0.038	0.146	0.004	1.00	1.04	19b	0.064	Stress	0.086	0.038	0.113	0.026	0.97	1.04
			Exercise	-0.085	0.039	-0.111	0.028	0.99	1.01			Exercise	-0.076	0.039	-0.098	0.050	0.99	1.01
			Gender	-0.054	0.039	-0.071	0.160	0.99	1.01			Gender	-0.057	0.039	-0.074	0.139	0.99	1.01
20a	Psychological problems	0.102	Stress	0.278	0.057	0.272	0.000	1.00	1.00	20b	0.167	Stress	0.304	0.061	0.298	0.000	0.89	1.12
			Exercise	-0.060	0.057	-0.059	0.292	1.00	1.00			Exercise	-0.067	0.058	-0.066	0.251	0.98	1.02
			Gender	-0.196	0.058	-0.191	0.001	1.00	1.00			Gender	-0.212	0.058	-0.209	0.000	0.99	1.01

Note. ^a Non-significant interaction terms have been trimmed from the models; ^b Stress is run as a z-score; ^c Exercise is run as a z-score; ^d Female = -1, Male = 1 (all models); ^e Models statistically adjusted for age, BMI, years of education, smoking (cigarettes/day), marital status (married, not married), employment status (employed, unemployed), household income, ethnicity (Caucasian, non-Caucasian); ^f Non-significant covariates were trimmed from adjusted models.