Supplemental Table 1. Participant characteristics at baseline (Y0) by tertiles of cardiorespiratory fitness (measured by treadmill duration).

	Tertile 1 Treadmill Duration (range 0 – 480; n=1103)	Tertile 2 Treadmill Duration (range 481 – 661; n=1091)	Tertile 3 Treadmill Duration (range 662 – 1080; n=1164)	P value from ANOVA F test or Chi-square test
Age (years)	24.9 (3.8)	25.1 (3.6)	25.1 (3.5)	0.43
BMI (kg/m^2)	26.8 (6.5)	23.4 (3.7)	23.0 (2.7)	<.0001
Weight (lbs)	162.0 (43.4)	148.7 (32.6)	157.7 (25.4)	<.0001

Race
    Black
    White
	69%
	31%
		41%
		59%
			32%
			68%
				<.0001

Sex
    Male
    Female
	10%
	90%
		35%
		65%
			82%
			18%
				<.0001

Treadmill duration (seconds)	388 (107)	583 (50)	779 (83)	<.0001
Self-reported physical activity (exercise units)	279 (217)	414 (286)	557 (308)	<.0001
AmMedDiet score (range 0-15)	6.5 (1.9)	7.1 (2.1)	7.2 (2.1)	<.0001

Data are means (standard deviation) or percent. The AmMedDiet diet score ranged from 0 (least similar to an Americanized Mediterranean dietary intake pattern) to 15 (most similar to an Americanized Mediterranean dietary intake pattern). Three hundred exercise units is approximately equal to 150 minutes of moderate physical activity per week [24].

Supplemental Table 2. Association of Y0 self-reported physical activity and odds of prediabetes or diabetes at Y25.

	Y25 Prediabetes	p value	Y25 Diabetes	p value
Y0 Physical Activity [per 1 SD (296 exercise units) increment]				
Unadjusted	1.00 (0.93-1.08)	0.96	0.87 (0.78-0.98)	0.02
Adjusted for age, sex, race, field center, BMI, education, smoking, caloric intake	0.97 (0.89-1.05)	0.44	0.98 (0.86-1.12)	0.73

Data are odds ratios (95% confidence intervals). An interviewer-administered questionnaire at Y0 was used to collect data on physical activity over the prior year, measured in exercise units (23). Three hundred exercise units is approximately equal to 150 minutes moderate physical activity per week (24).

Supplemental Table 3. Y0 AmMedDiet score and treadmill duration (analyzed simultaneously) and odds of prediabetes or diabetes at Y25 shown by tertiles of AmMedDiet score and tertiles of treadmill duration.

	Tertile	Y25 Prediabetes	p value	Y25 Diabetes	p value
Y0 AmMedDiet score	T1	Reference	--	Reference	--
	T2	1.01 (0.91-1.12)	0.86	1.11 (0.94-1.30)	0.23
	T3	1.04 (0.93-1.16)	0.47	0.87 (0.72-1.04)	0.13
Y0 Treadmill Duration (seconds)	T1	Reference	--	Reference	--
	T2	1.02 (0.91-1.14)	0.71	1.06 (0.88-1.27)	0.53
	T3	0.87 (0.75-1.01)	0.06	0.62 (0.49-0.79)	0.0001

Data are odds ratios (95% confidence intervals), and are comparisons to the lowest tertile of AmMedDiet score or treadmill duration. For AmMedDiet score tertiles were: T1: 1-5 (N=854), T2: 6-7 (N=123), T3: 8-13 (N=1272). For treadmill duration tertiles were: T1: 0-480 seconds (N=1103), T2: 481-661 seconds (N=1091), T3: 662-1080 seconds (N=1164). Data were adjusted for age, sex, race, field center, BMI, education, smoking, caloric intake, and tertiles of physical activity. The interaction between AmMedDiet score and treadmill duration was not statistically significant, and so was not included.