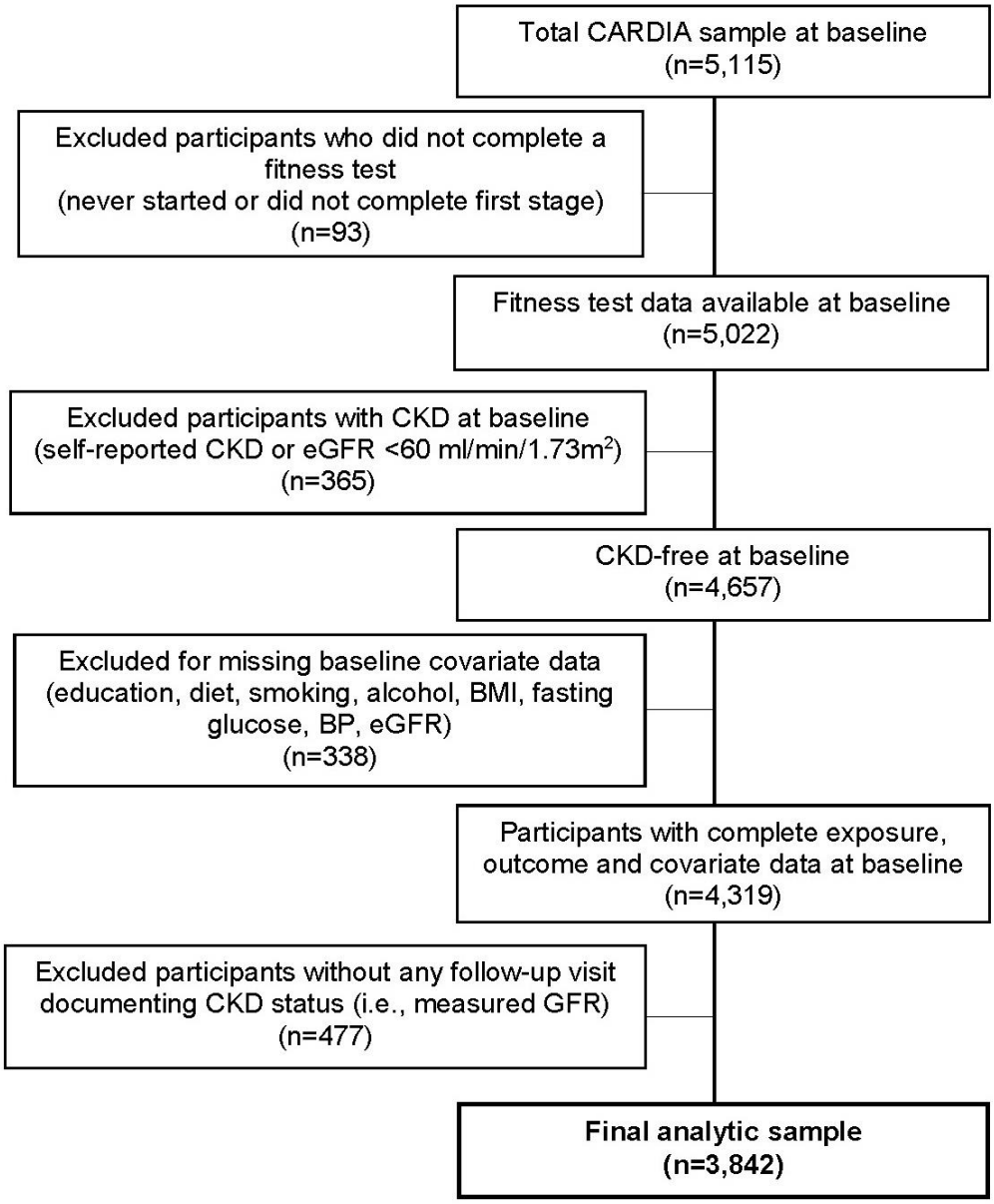
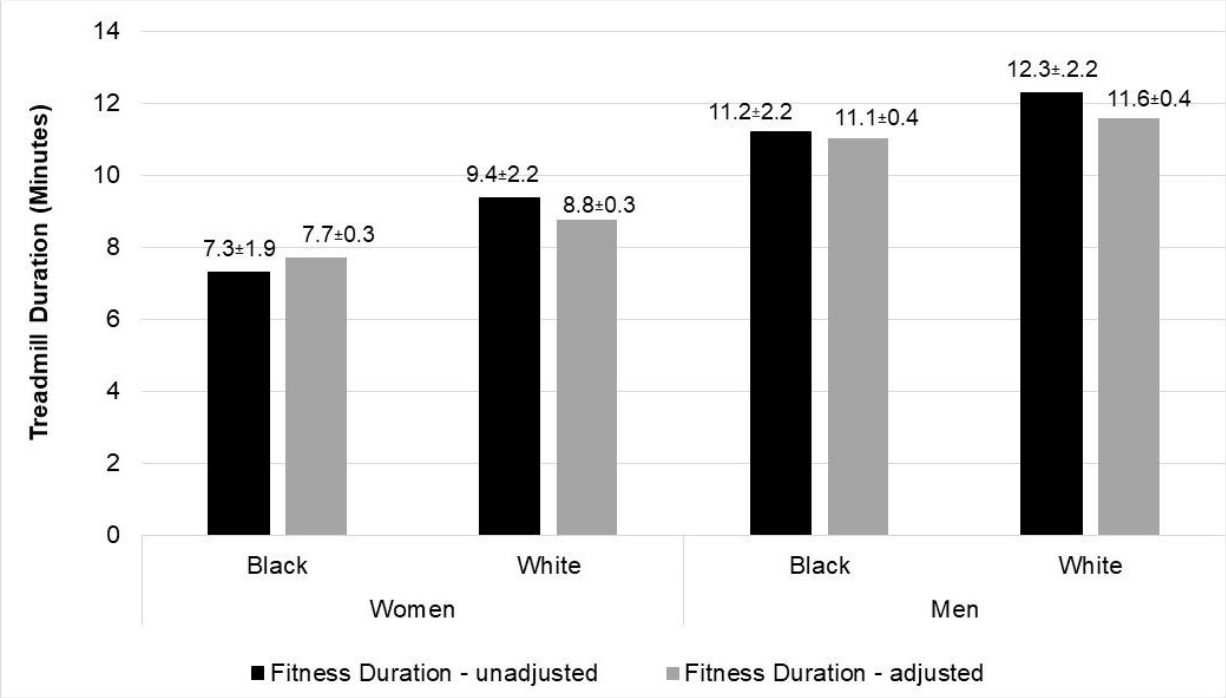
Appendix Figure 1. Flow chart for selection of final analytic sample.



Appendix Figure 2. Unadjusted and adjusted mean treadmill duration at baseline visit by race and gender.



Notes: $p<0.01$ for difference between race for both men and women in both unadjusted and adjusted models. Unadjusted fitness duration=mean ± SD. Adjusted fitness duration=mean ± SE. Least squared means adjusted treadmill duration included the following baseline covariates: age, field center, smoking, alcohol intake, diet, eGFR, BMI, Systolic BP, fasting glucose, and maximal education attained throughout study.

Appendix Table 1. Association of Fitness with Incident CKD[a,b] in Full Sample and by Fitness Group

Variable	Events / Total	Association of fitness	Model 1 HR (95% CI)	Model 2 HR (95% CI)	Model 3 HR (95% CI)	Model 4 HR (95% CI)	Model 5 HR (95% CI)
Duration with CKD							
Total	332/2,714[c]	Fitness per 1-minute lower duration	**1.10 (1.06, 1.15)**	**1.14 (1.08, 1.20)**	**1.13 (1.07, 1.97)**	**1.07 (1.01, 1.14)**	**1.07 (1.01, 1.13)**
Groups with CKD							
Low fitness	113/577	Low vs high (ref)	**2.57 (1.95, 3.38)**	**2.11 (1.56, 2.86)**	**2.11 (1.55, 2.86)**	**1.61 (1.16, 2.37)**	**1.60 (1.15, 2.23)**
Moderate fitness	120/1,026	Low vs mod (ref)	**1.89 (1.45, 2.46)**	**1.72 (1.31, 2.25)**	**1.72 (1.31, 2.26)**	**1.47 (1.11, 2.00)**	**1.47 (1.11, 1.96)**
High fitness	99/1,111	Mod vs high (ref)	**1.36 (1.04, 1.78)**	1.23 (0.93, 1.63)	1.22 (0.92, 1.62)	1.10 (0.83, 1.47)	1.08 (0.81, 1.44)

Notes: Boldface indicates statistical significance ($p<0.05$). Model 1: Unadjusted. Model 2: Model 1 + gender, race, gender*race, age, maximal education throughout study, and field center. Model 3: Model 2 + time varying healthy eating index score, smoking status, alcohol intake. Model 4: Model 3 + time varying BMI, systolic BP, fasting glucose. Model 5: Model 4+ Year 10 UACR and baseline eGFR. Low fitness: bottom lowest gender-specific quintile (bottom 20%); Moderate fitness: quintiles 2–3 (middle 20%–60%); High fitness: quintiles 4–5 (top >60%).

[a]Chronic Kidney Disease (CKD) defined as UACR >30mg/g and/or eGFR<60 mL/min/1.73m^2.

[b]First UACR measured at year 10, so follow-up includes year 15, 20, 25, and 30 exams.

[c]Sample excludes additional participants who did not have UACR measured at year 10, or UACR >30 at year 10, or no follow-up measure of UACR.

eGFR, estimated Glomerular Filtration Rate; HR, hazard ratio; UACR, urinary albumin creatinine ratio.