SUPPLEMENTAL MATERIAL

Table S1. Baseline characteristics of STRRIDE exercise trial participants that were vs. were not included in the STRRIDE Re follow up study.

Participant Characteristics	All Exercise Training participants from Primary STRRIDE Training Study (N =145)	Not participated in STRRIDE Reunion (N = 65)	Participated in STRRIDE Reunion (N = 80)	P-value
Change in VO2 from baseline with training, (ml/kg/min)	3.0 (3.8)	3.30 (3.92)	2.90 (3.55)	0.35
Age (years)	53.0 (8.0)	53.0 (9.0)	51.5 (8.0)	0.32
Women (%)	44.1	44.6	43.7	0.95
African Americans (%)	15.9	15.4	16.2	0.94
Body weight (kg)	87.2 (20.0)	86.4 (21.5)	88.3 (20.3)	0.15
BMI (kg/m^2)	29.8 (3.8)	30.3 (3.4)	28.9 (4.0)	0.18
Waist circumference (cm)	95.7 (14.5)	95.1 (15.1)	95.8 (15.2)	0.43
Pre-training VO$_{2peak\ relative}$ (mL/kg/min)	28.0 (9.3)	27.3 (8.3)	28.9 (9.2)	0.22
Cholesterol (mg/dL)	197.5 (41.9)	194.5 (48.2)	199.0 (36.4)	0.77
HDL (mg/dL)	43.2 (19.2)	44.0 (19.1)	42.1 (18.9)	0.90
Proportional adherence to exercise training program	0.92 (0.15)	0.91 (0.18)	0.92 (0.14)	0.46

VO2: peak relative oxygen uptake (ml/kg/min), BMI: Body mass index; HDL: high density lipoprotein. P-value for comparison are derived from the analysis of variance for specific variables (dependent) with participation in the 10-year follow up visit (STRRIDE Reunion) as the independent variable

Table S2. Cardiorespiratory fitness change in response to short-term exercise training and other measures of cardiometabolic parameters at 10-year follow-up (mean arterial BP, waist circumference, Insulin resistance)

	Systolic BP		Waist Circumference		Insulin Resistance	
	Std. Beta	P-value	Std. Beta	P-value	Std. Beta	P-value
Moderate fitness responder (vs. low fitness responder)	0.06	0.58	0.15	0.03	0.06	0.60
High fitness responder (vs. low fitness responder)	0.01	0.86	-0.006	0.94	0.19	0.11

Separate models were constructed for systolic blood pressure, waist circumference, and insulin resistance as outcome variables with adjustment for age, sex, ethnicity, fitness response, baseline BMI (except in WC model), baseline peak VO2, exercise category, and baseline measure of the outcome variable