

Anticancer effect of physical activity is mediated by modulation of extracellular microRNA in blood

SUPPLEMENTARY MATERIALS

Supplementary Table 1: Relationships between miRNA expression intensity and clinical variables

MicroRNA	Glucose decrease	Pre-heart rate	Borg	Blood pressure	Blood pressure	Heart
	(yes vs no)	(low vs high)	Scale	(diastolic at 35 min)	(systolic at 35 min)	Rate (35 min)
		(low vs high)		Increase	increase	increase
				(no vs yes)	(no vs yes)	(no vs yes)
miR-25	↓		↓			
miR-30c	↓			↓		
miR-92	↓					↓
miR-133				↓	↓	
miR-204			↓	↓		
miR-206	↑			↓	↓	
miR-450				↓		
miR-492		↑	↓	↓	↓	
miR-513	↓					↓
miR-516	↓	↑	↓	↓		
miR-519	↓	↑	↓	↓		
miR-711	↓	↑	↓			
miR-765	↓					
miR-877		↑	↓	↓		
miR-1255	↓					↓
Total miRNA number	10	6	7	9	3	3

Subjects were categorized (yes vs no; low vs high) according to the 50th percentile of the clinical variable tested.