

1 TABLE S1. Baseline Characteristics by Weekly Amount of Resistance Exercise

Baseline Characteristics	Weekly Amount of Resistance Exercise (minutes/week)			
	0 (n=9,153)	1-59 (n=810)	60-119 (n=1302)	≥120 (n=1,326)
Female	1,891 (20.7)	134 (16.5)	285 (21.9)	300 (22.6)
Age (year)	47.0 ± 9.7	45.8 ± 8.4	46.1 ± 8.8	44.2 ± 9.6
Heavy alcohol drinker ^a	1,082 (11.8)	94 (11.6)	174 (13.4)	148 (11.2)
Current smoker	1,101 (12)	78 (9.6)	120 (9.2)	143 (10.8)
Parental CVD	2,451 (26.8)	201 (24.8)	310 (23.8)	325 (24.5)
Meeting aerobic exercise guidelines ^b	4,589 (50.1)	648 (80)	1,081 (83)	1,058 (79.8)
Body mass index (kg/m ²) ^c	26.3 ± 4.2	25.3 ± 3.4	25.3 ± 3.6	25.4 ± 3.7
Hypertension ^d	2,723 (29.7)	211 (26)	311 (23.9)	321 (24.2)
Diabetes ^e	398 (4.3)	30 (3.7)	45 (3.5)	35 (2.6)
Hypercholesterolemia ^f	2,986 (32.6)	233 (28.8)	331 (25.4)	301 (22.7)

2 Values are number (%) or mean ± SD.

3 ^a Defined as alcohol drinks >14 and >7 per week for men and women, respectively.

- 1 ^b Defined as aerobic exercise ≥ 500 MET-minutes per week.
- 2 ^c Calculated as the weight in kilograms divided by the square of the height in meters.
- 3 ^d Defined as systolic blood pressure ≥ 140 mmHg, diastolic blood pressure ≥ 90 mmHg, or previous diagnosis by a physician.
- 4 ^e Defined as fasting glucose ≥ 126 mg/dl, previous diagnosis by a physician, or insulin use.
- 5 ^f Defined as total cholesterol ≥ 240 mg/dl, or previous diagnosis by a physician.
- 6 CVD, cardiovascular disease; SD, standard deviation.

1 TABLE S2. Hazard Ratio (95% CI) of Total CVD Events, CVD Morbidity, and All-Cause Mortality by Resistance Exercise for
 2 Participants Meeting and not Meeting Recommended Aerobic Exercise

	Total CVD Events		CVD Morbidity		All-Cause Mortality	
Meeting	Y ^b	N ^c	Y ^b	N ^c	Y ^b	N ^c
Recommended	AE ^a					
Weekly Frequency of Resistance Exercise (times/week)						
0	1.00 (Reference)	1.00 (Reference)	1.00 (Reference)	1.00 (Reference)	1.00 (Reference)	1.00 (Reference)
1	0.25 (0.14-0.46)	0.35 (0.16-0.77)	0.36 (0.17-0.77)	0.31 (0.11-0.87)	0.49 (0.29-0.80)	1.08 (0.58-2.01)
2	0.41 (0.24-0.71)	0.52 (0.26-1.06)	0.66 (0.35-1.23)	0.39 (0.14-1.10)	0.53 (0.32-0.87)	0.99 (0.52-1.88)
3	0.62 (0.35-1.11)	0.34 (0.08-1.41)	0.83 (0.41-1.70)	0.47 (0.11-1.98)	0.54 (0.30-0.96)	1.14 (0.41-3.15)
≥4	1.60	0.61	1.83	0.94	1.33	0.00

	(0.86-2.97)	(0.08-4.48)	(0.83-4.03)	(0.13-6.93)	(0.77-2.29)	(0.00-Inf)
p-value for Linear Trend:						
	0.39	0.03	0.23	0.08	0.90	0.94
p-value for Quadratic Trend:						
	<0.001	0.052	0.006	0.01	<0.001	0.41
p-value for Interaction						
	0.65			0.90		0.06
Weekly Minutes of Resistance Exercise (minutes/week)						
0	1.00 (Reference)	1.00 (Reference)	1.00 (Reference)	1.00 (Reference)	1.00 (Reference)	1.00 (Reference)
1-59	0.40 (0.21-0.52)	0.41 (0.23-0.74)	0.55 (0.32-0.94)	0.34 (0.15-0.76)	0.47 (0.32-0.69)	1.11 (0.69-1.79)
60-119	0.74 (0.43-1.26)	0.26 (0.06-1.08)	0.85 (0.43-1.66)	0.35 (0.08-1.47)	0.84 (0.51-1.38)	0.47 (0.11-1.92)
≥120	0.94 (0.47-1.89)	1.02 (0.32-3.28)	1.06 (0.43-2.59)	0.93 (0.22-3.91)	0.97 (0.53-1.77)	0.94 (0.23-3.87)

p-value for Linear Trend:

0.69 0.89 0.40 0.69 0.50 0.97

p-value for Quadratic Trend:

0.72 <0.001 0.86 0.03 0.69 0.58

p-value for Interaction

0.48 0.65 0.04

1 ^a Defined as baseline physical activity ≥ 500 MET-minutes/week.

2 ^b Model was adjusted for baseline examination year, age (year), gender, smoking status (current smoker or not), alcohol consumption
3 (heavy drinker or not), parental history of cardiovascular disease (yes or no), body mass index (kg/m^2), hypertension (yes or no), diabetes
4 (yes or no), and hypercholesterolemia (yes or no) among the group meeting the recommended aerobic exercise.

5 ^c Model was adjusted for baseline examination year, age (year), gender, smoking status (current smoker or not), alcohol consumption
6 (heavy drinker or not), parental history of cardiovascular disease (yes or no), body mass index (kg/m^2), hypertension (yes or no), diabetes
7 (yes or no), and hypercholesterolemia (yes or no) among the group not meeting the recommended aerobic exercise.

8 AE, aerobic exercise; CI, confidence interval; CVD, cardiovascular diseases; HR, hazard ratio.