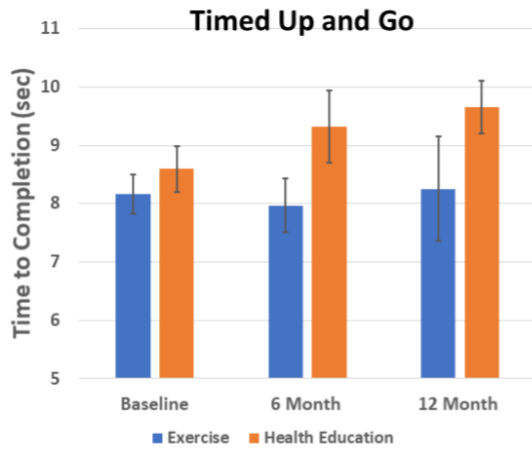
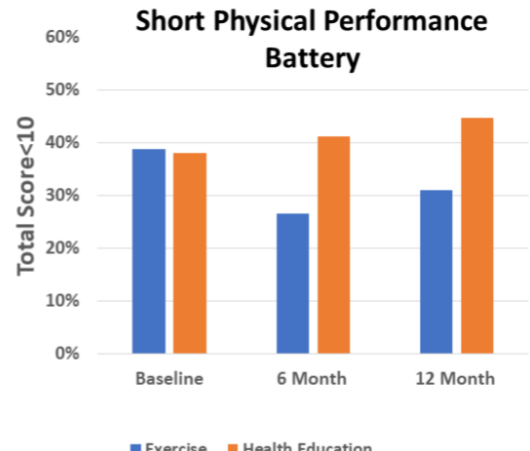


Figure S1. Effect of Exercise training vs. health education on performance on Timed Up and Go and Short Physical Performance Battery tests.



Treatment-by-time Interaction: p=0.04



Treatment-by-time Interaction: p=0.3

Table S1- characteristics of participants with and without 12-month functional outcome measures, by randomized group.

Characteristic	Randomized to Exercise		Randomized to Health Education	
	Complete 12-month functional outcome measures* (N=30)	No complete 12-month functional outcome measures (N=19)	Complete 12-month functional outcome measures* (N=38)	No complete 12-month functional outcome measures (N=12)
Age (years)	68.4 (6.6)	67.1 (9.2)	67.2 (8.3)	70.8 (9.8)
Female	9 (30%)	6 (31.5%)	8 (21%)	2 (17%)
Race				
African American	15 (50%)	12 (63%)	26 (68%)	8 (67%)
Caucasian	13 (43%)	5 (26%)	11 (29%)	2 (17%)
Other	2 (7%)	2 (1%)	1 (3%)	2 (17%)
eGFR (ml/min/1.73m ²)	35.5 (9.0)	31.8 (10.1)	34.2 (12.2)	27.4 (6.2)
BMI (kg/m ²)	29.8 (7.0)	31.1 (7.6)	32.0 (6.4)	31.1 (3.8)
CAD	8 (27%)	8 (42%)	9 (24%)	4 (33%)
Diabetes	17 (57%)	13 (68%)	21 (55%)	7 (58%)
Hypertension	27 (90%)	17 (89.5%)	37 (97%)	11 (92%)
CHF	2 (7%)	4 (21%)	2 (5%)	2 (17%)
Peripheral vasc disease ²	0 (0%)	3 (16%)	4 (10.5%)	2 (17%)
Smoking				
Current	6 (20%)	4 (21.1%)	4 (11%)	2 (17%)
Former	16 (53%)	12 (63%)	23 (61%)	7 (58%)
Never	8 (27%)	3 (16%)	11 (29%)	3 (25%)
Stroke or TIA	6 (20%)	3 (16%)	6 (16%)	1 (8%)
COPD	3 (10%)	2 (11%)	6 (16%)	2 (17%)

*Non-missing values for VO₂peak and/or 6-minute walk test distance at 12 months)

CAD: Coronary Artery Disease; CHF: Congestive Heart Failure; COPD: Chronic Obstructive Pulmonary Disease; TIA: Transient Ischemic Attack

Table S2: Change in physical function, by randomization group

Outcome (Primary*)	Timing	Exercise	Education	between-group difference[^]
VO ₂ peak* (ml/kg/min)	Baseline	17.1 (5.3) N=48	16.8 (5.6) N=50	--
	6-month	17.9 (5.5) N=32	15.9 (7.0) N=32	1.9 p=0.03
	12-month	18.7 (5.2) N=25	17.2 (6.4) N=37	0.5 p=0.7
6-minute walk* (feet)	Baseline	1298 (323) N=49	1251 (394) N=50	
	6-month	1649 (620) N=35	1247 (454) N=37	81.5 p=0.047
	12-month	1453 (368) N=29	1284 (462) N=37	97.7 p=0.02
Timed Up and Go (secs)	Baseline	8.2 (2.4) N=49	8.6 (2.7) N=49	
	6-month	8.0 (2.6) N=34	9.3 (3.6) N=33	-0.12 p=0.02
	12-month	8.3 (4.8) N=29	9.0 (2.9) N=36	-0.16 p=0.02
SPPB - N(%) <10 total score	Baseline	19 (39%)	19 (38%)	--
	6-month	9 (34%)	15 (41%)	p=0.4
	12-month	9 (31%)	16 (45%)	p=0.7

[^]From ANCOVA or logistic models adjusting for baseline function

Table S3: Change in renal function and cardiovascular risk factors, by randomization group

Outcome	Timing (N complete)	Exercise	Education	between-group difference*	Difference in change over time [‡]
HbA1C (%)	Baseline (N=99)	6.7±1.2	6.7±1.8	--	p=0.9
	6-month (n=72)	6.5±1.1	7.0±1.7	p=0.5	
	12-month (n=66)	6.9±1.5	6.8±1.7	p=0.3	
BMI (kg/m ²)	Baseline (N=99)	30.3±7.2	31.8±5.8		p=0.5
	6-month (n=84)	27.9±9.7	28.6±9.9	p=0.8	
	12-month (n=76)	26.6±10.1	29.9±9.2	p=0.6	
SBP (mm Hg)	Baseline (n=99)	133±20	135±22		p=0.6
	6-month (n=72)	131±19	132±24	p=0.9	
	12-month (n=67)	134±20	129±18	p=0.4	
DBP (mm Hg)	Baseline (N=99)	72±12	72±10	--	p=0.6
	6-month (n=72)	72±11	71±12	p=0.4	
	12-month (n=67)	72±9	71±10	p=0.7	
UACR (mg/g Cr)	Baseline (N=99)	53±94	62±86		p=0.8
	6-month (n=69)	45±69	60±84	p=0.4	
	12-month (n=67)	45±68	79±145	p=0.2	
eGFR (ml/min/1.73m ²)	Baseline (n=99)	34.1±9.5	32.6±11.4	--	p=.09
	6-month (n=72)	33.9±10.7	33.1±11.5	p=0.5	
	12-month (n=67)	34.9±7.6	30.8±13.8	p=0.4	

* ANCOVA model adjusting for baseline values. [‡]From linear mixed models, test of treatment-by-time interaction