**Table S3.** A non-exercise testing regression model for estimating cardiorespiratory fitness in whites and South Asians using physical activity categories with an ethnicity variable\*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Variable | Observed coefficient | Standard error | 95% CI | p-value |
| Constant | 76.212 | 4.249 | 67.819, 84.605 | <0.001 |
| Age, y | -0.364 | 0.050 | -0.463, -0.265 | <0.001 |
| BMI, kg⋅m-2 | -0.888 | 0.089 | -1.064, -0.712 | <0.001 |
| Smoking status |  |  |  |  |
|  | Never smoked | 0, reference | - | - | - |
|  | Ex or current | -1.958 | 0.776 | -3.490, -0.426 | 0.013 |
| Physical activity category† |  |  |  |
|  | 1 | 1, reference | - | - | - |
|  | 2 | 1.108 | 1.232 | -1.325, 3.541 | 0.370 |
|  | 3 | 2.551 | 1.241 | 0.100, 5.002 | 0.041 |
|  | 4 | 3.753 | 1.406 | 0.976, 6.530 | 0.008 |
|  | 5 | 4.094 | 1.271 | 1.585, 6.604 | 0.002 |
| Resting heart rate | -0.070 | 0.041 | -0.151, 0.010 | 0.085 |
| Ethnicity |  |  |  |  |
|  | South Asian | 0, reference | - | - | - |
|  | White | 7.843 | 0.796 | 6.270, 9.415 | <0.001 |

\*This model is referred to as model 5 in the text of the manuscript. Model R2 value was 0.7170, adjusted R2 was 0.7008, and root-mean-square error was 4.3879. N=168. †Physical activity categories were derived from minutes per week of moderate- to vigorous-intensity physical activity, where category 0 is <75 minutes per week, category 1 is 75-150 minutes per week, category 2 is 150-225 minutes per week, category 3 is 225-300 minutes per week, and category 4 is >300 minutes per week.