**Supplementary table 3.** The most significant determinants of cardiovascular autonomic function in the multivariate linear regression in women. First, the significant independent factors in Block I were established (stepwise, forward). Thereafter, the significant factors in Block II (stepwise, forward) were added to the initially established model (Block I).

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Women | HR | | | | rMSSD, ln | | | | BRS, ln | | | |
|  | Sitting | | Standing | | Sitting | | Standing | | Sitting | | Standing | |
|  | β | p Value | β | p Value | β | p Value | β | p Value | β | p Value | β | p Value |
| **Block I** |  |  |  |  |  |  |  |  |  |  |  |  |
| PALife | -1.20 | <0.001 | -1.19 | 0.003 | 0.07 | <0.001 | 0.08 | <0.001 | - | - | 0.05 | 0.041 |
| Alcohol consumption | 1.85 | 0.037 | 2.24 | 0.036 | -0.04 | 0.433 | - | - | - | - | -0.07 | 0.266 |
| Body mass index | 0.56 | 0.031 | 0.19 | 0.553 | -0.05 | 0.002 | -0.04 | 0.013 | -0.03 | 0.11 | -0.06 | 0.001 |
| **Block II** |  |  |  |  |  |  |  |  |  |  |  |  |
| Systolic blood pressure | -2.91 | <0.001 | -4.64 | <0.001 | 0.10 | <0.001 | 0.13 | <0.001 | - | - | 0.07 | 0.013 |
| Diastolic blood pressure | 4.61 | <0.001 | 5.74 | <0.001 | -0.19 | <0.001 | -0.17 | <0.001 | -0.14 | <0.001 | -0.21 | <0.001 |
| Waist-hip-ratio | - | - | - | - | - | - | 0.03 | 0.032 | - | - | - | - |
| Plasma glucose | - | - | - | - | - | - | - | - | -0.04 | 0.013 | -0.04 | 0.01 |
| Total cholesterol | - | - | - | - | - | - | - | - | - | - | -0.05 | 0.001 |
| HDL cholesterol | - | - | - | - | -0.03 | 0.048 | -0.03 | 0.032 | - | - | - | - |
| Triglycerides | 1.33 | <0.001 | -0.15 | <0.001 | -0.06 | <0.001 | -0.09 | <0.001 | - | - | - | - |

The values are unstandardized coefficients β (per class or 1 SD) and their significances (p value). *HR* heart rate, *rMSSD* root mean square of the successive differences in R-R intervals, *BRS* baroreflex sensitivity, *PA* physical activity, *HDL* high-density lipoprotein.