

Supplementary table 2. Cardiovascular autonomic function according to tertiles of cardiorespiratory fitness (CRF) by peak heart rate during submaximal stepping-test (HR_{STEP}), moderate-to-vigorous physical activity (MVPA) and relative amount of body fat (Fat%) in men.

	CRF (HR_{STEP})			MVPA			Fat%		
	High n=446	Middle n=525	Low n=412	High n=482	Middle n=504	Low n=397	High n=474	Middle n=455	Low n=454
HR_{REST} , bpm	63 (8)	70* (10)	79*† (12)	68 (11)	71* (11)	73*† (13)	75 (13)	71* (10)	66*† (10)
$rMSSD$, ms	25 (18-38)	21 (14-30)	16 (10-26)	22 (15-33)	21 (13-30)	20 (14-20)	17 (11-26)	21 (14-30)	25 (18-37)
ln ms	3.26 (0.55)	3.03* (0.55)	2.75*† (0.65)	3.09 (0.60)	3.01 (0.60)	2.96* (0.64)	2.81 (0.64)	3.04* (0.59)	3.23*† (0.53)
BRS , ms·mmHg ⁻¹	8.2 (5.9-11.5)	7.2 (5.1-9.8)	5.9 (4.2-8.8)	7.6 (5.-10.5)	7.3 (5.0-9.6)	6.4 (4.9-9.2)	5.7 (4.2-8.5)	7.3 (5.3-9.9)	8.2 (6.1-11.2)
ln ms·mmHg ⁻¹	2.12 (0.49)	1.97* (0.47)	1.76*† (0.54)	2.00 (0.52)	1.94 (0.49)	1.87* (0.55)	1.75 (0.53)	1.98* (0.50)	2.13*† (0.45)
HRR_{60s} , bpm	43 (11)	39* (10)	35*† (9)	36 (10)	39* (10)	42*† (11)	36 (9)	39* (10)	43*† (11)
HRR_{60s} , %	34 (9)	27* (7)	22*† (6)	30 (9)	27* (8)	24*† (8)	24 (7)	27* (8)	32*† (9)
HRR_{SLOPE} , bpm·s ⁻¹	1.10 (0.33)	0.96* (0.30)	0.82*† (0.25)	1.05 (0.33)	0.97* (0.30)	0.86*† (0.28)	0.84 (0.25)	0.96* (0.29)	1.10*† (0.34)
HRR_{SLOPE} , %·s ⁻¹	0.87 (0.28)	0.66* (0.21)	0.51*† (0.16)	0.76 (0.29)	0.68* (0.24)	0.58*† (0.22)	0.56 (0.19)	0.67* (0.23)	0.82*† (0.29)

The values are means (SD), median (1st-3rd quartile), HR heart rate, $rMSSD$ root mean square of the successive differences in R-R intervals, BRS

baroreflex sensitivity, HRR heart rate recovery. *p<0.05 compared to High, †p<0.05 compared to Middle.