

Supplementary table 3. 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 women.

	CRF (HR_{STEP})			MVPA			Fat%		
	High n=543	Middle n=634	Low n=584	High n=679	Middle n=575	Low n=507	High n=615	Middle n=599	Low n=547
HR_{REST} , bpm	65 (8)	71* (8)	77*† (10)	70 (10)	72* (10)	73*† (10)	74 (11)	71* (9)	69*† (10)
$rMSSD$, ms	30 (21-41)	25 (18-37)	22 (15-32)	26 (18-39)	25 (18-36)	24 (16-35)	23 (14-34)	25 (18-38)	28 (19-38)
ln ms	3.36 (0.55)	3.21* (0.55)	3.04*† (0.59)	3.24 (0.59)	3.21 (0.57)	3.15* (0.57)	3.08 (0.61)	3.22* (0.55)	3.29* (0.55)
BRS , ms·mmHg ⁻¹	7.1 (5.3-9.9)	6.8 (4.8-9.0)	5.8 (3.9-7.9)	6.9 (4.7-9.4)	6.6 (4.8-8.5)	6.1 (4.2-7.9)	5.6 (4.0-7.6)	6.7 (4.6-9.0)	7.3 (5.3-9.8)
ln ms·mmHg ⁻¹	1.97 (0.48)	1.91 (0.45)	1.71*† (0.50)	1.91 (0.49)	1.87 (0.51)	1.78* (0.47)	1.71 (0.47)	1.86* (0.48)	1.98*† (0.48)
HRR_{60s} , bpm	47 (10)	45* (11)	41*† (11)	47 (11)	44* (10)	41*† (10)	41 (11)	45* (10)	46* (10)
HRR_{60s} , %	36 (8)	30* (7)	25*† (7)	33 (9)	30* (8)	27*† (8)	26 (8)	31* (8)	33*† (9)
HRR_{SLOPE} , bpm·s ⁻¹	1.23 (0.34)	1.13* (0.33)	0.99*† (0.31)	1.20 (0.35)	1.10* (0.33)	1.03*† (0.31)	0.99 (0.31)	1.15* (0.32)	1.20*† (0.35)
HRR_{SLOPE} , %·s ⁻¹	0.94 (0.27)	0.76* (0.22)	0.60*† (0.19)	0.84 (0.27)	0.75* (0.26)	0.68*† (0.24)	0.63 (0.21)	0.78* (0.24)	0.87*† (0.28)

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.