|  |  |  |  |  |  |
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| Appendix. Exercise partners among those exercising with others in men and women | | | | | |
| Exercise partners | Men | | Women | | *P*-value |
|  | (n = 1058) | | (n = 1494) | |  |
| Spouse | 508 | (48.0) | 368 | (24.6) | < 0.001 |
| Children | 31 | (2.9) | 63 | (4.2) | 0.089 |
| Grandchildren | 49 | (4.6) | 28 | (1.9) | < 0.001 |
| Friends of same sex | 314 | (29.7) | 618 | (41.4) | < 0.001 |
| Friends of opposite sex | 133 | (12.6) | 125 | (8.4) | 0.001 |
| Exercise trainers | 146 | (13.8) | 654 | (43.8) | < 0.001 |
| Other | 192 | (18.2) | 187 | (12.5) | < 0.001 |
| Multiple answers were allowed. | | | | | |