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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. |