

Supplementary Table 1. Multivariable Linear Regression Analysis Results for Physical Activity Intensity as Independent Predictors of HRV				
	SDNN HRV		rMSSD HRV	
	<i>Sens. Model</i>	<i>Sens. Model</i>	<i>Sens. Model</i>	<i>Sens. Model</i>
	<i>#1*</i>	<i>#2†</i>	<i>#1*</i>	<i>#2†</i>
VPA	0.060§ (0.024, 0.096)	0.030 (-0.004, 0.065)	0.079§ (0.043, 0.115)	0.025 (-0.006, 0.057)
MPA	0.019 (-0.018, 0.057)	0.008 (-0.027, 0.044)	0.023 (-0.014, 0.060)	0.003 (-0.030, 0.035)
LPA	0.030 (-0.006, 0.067)	0.016 (-0.019, 0.052)	0.041 (0.004, 0.077)	0.016 (-0.015, 0.048)

Statistics = standardized beta coefficient. VPA = vigorous physical activity; MPA = moderate physical activity; LPA = light physical activity; and HRV = heart rate variability.

*All models included VPA, MPA, and LPA simultaneously as predictors. Sensitivity Model #1 adjusted for Main Model covariates + BMI status, diabetes status, hypertension status, and use of beta-blockers and ACE inhibitors.

†All models included VPA, MPA, and LPA simultaneously as predictors. Sensitivity Model #2 adjusted for Sensitivity Model #1 covariates + resting heart rate.

§ $p < 0.01$

|| $p < 0.05$