

Supplementary table 1. Correlations between cardiovascular autonomic function, 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%).

	Men (n=1383)			Women (n=1761)		
	CRF (HR_{STEP})	MVPA	Fat%	CRF (HR_{STEP})	MVPA	Fat%
	r	r	r	r	r	r
CRF (HR_{STEP})	-	0.29‡	-0.46‡	-	0.28‡	-0.52‡
MVPA	0.29‡	-	-0.26‡	0.28‡	-	-0.26‡
Fat%	-0.46‡	-0.26‡	-	-0.52‡	-0.26‡	-
HR_{REST}	-0.59‡	-0.17‡	0.32‡	-0.50‡	-0.15‡	0.22‡
$rMSSD$	0.37‡	0.08‡	-0.29‡	0.24‡	0.06‡	-0.16‡
BRS	0.32‡	0.10‡	-0.32‡	0.23‡	0.11‡	-0.23‡
HRR_{60s}	0.32‡	0.24‡	-0.30‡	0.23‡	0.23‡	-0.19‡
HRR_{60s} , %	0.59‡	0.29‡	-0.40‡	0.55‡	0.29‡	-0.34‡
HRR_{SLOPE}	0.38‡	0.25‡	-0.35‡	0.30‡	0.24‡	-0.28‡
HRR_{SLOPE} , %	0.59‡	0.29‡	-0.42‡	0.55‡	0.28‡	-0.39‡

HR heart rate, $rMSSD$ root mean square of the successive differences in R-R intervals, BRS baroreflex sensitivity, HRR heart rate recovery.

‡ $p < 0.001$ for Pearson correlation.