

**Supplemental Digital Content 1.** Posology according to Anatomical Therapeutic Chemical Classification System (ATC) of the World Health Organization Drugs used by exercise and control groups.

**Initial recommended dose according to ATC posology**

Blood pressure-lowering		Cholesterol-lowering		Triglyceride-lowering		Glucose-lowering	
Drug	Dose (mg/day)	Drug	Dose (mg/day)	Drug	Dose (mg/day)	Drug	Dose (mg/day)
Amiloride	5	Atorvastatin	10	Bezafibrate	200	Exenatide	5 mcg
Amlodipine	5	Ezetimibe	10	Fenofibrate	145	Canagliflozin	100
Atenolol	50	Pitavastatin	1	Niacin	1000	Empagliflozin	10
Barnidipine	10	Rosuvastatin	10	Omacor	1000	Gliclazide	30
Bisoprolol	5	Rosuvastatin	10			Metformin	850
Candesartan	8	Simvastatin	10			Repaglinide	1
Chlorthalidone	50					Sitagliptin	100
Doxazosin	1					Vildagliptin	50
Enalapril	20						
Hydrochlorothiazide	12.5						
Imidapril	5						
Irbesartan	150						
Lacidipine	2						
Lercanidipine	10						
Losartan	50						
Nebivolol	5						
Olmesartan	10						
Ramipril	2.5						
Telmisartan	40						
Valsartan	80						
Verapamil	240						

Evolution in number and dose of medicines was assessed as follows:

**Medicine use score** = [medicine 1 (subject used dose / ATC recommended dose)] + [medicine 2 (subject used dose / ATC recommended dose)] + ..... + [medicine n (subject used dose / ATC recommended dose)]

Example of calculation for an individual from the study:

Medicine use score SUBJECT 1 at Baseline = [Enalapril (**20mg**/20mg)] + [Atorvastatin (**20mg**/10mg)] = **3**

Medicine use score SUBJECT 1 at 5-years = [Enalapril (**20mg**/20mg)] + [Atorvastatin (**20mg**/10mg)] + [Metformin (**850mg**/850mg)] = **4**