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| **Supplementary Table 2.** Multivariable model of demographic and clinical predictors of adherence in months 10-12 | | | | |
| **Parameter** | **Estimate** | **Standard Error** | **t** | ***P*-value** |
| Minutes/week of exercise in mo 1-3, >=20 min/wk | .55 | .069 | 8.0 | < .0001 |
| Min/wk of exercise in mo 1-3, <20 min/week | 2.1 | .65 | 3.3 | .0010 |
| Region (vs. South US) |  |  |  |  |
| West US | 32.4 | 10.7 | 3.0 | .0025 |
| Midwest US | 17.1 | 8.1 | 2.1 | .035 |
| Northeast US | 19.4 | 11.8 | 1.6 | .10 |
| Canada | 51.3 | 13.0 | 4.0 | <.0001 |
| France | 38.7 | 20.3 | 1.9 | .056 |
| Employment Status (vs. Full-Time) |  |  |  |  |
| Part-time/Student/Volunteer | 13.8 | 14.6 | .95 | .34 |
| Homemaker | 26.5 | 22.1 | 1.2 | .23 |
| Disabled | 37.1 | 10.1 | 3.7 | .0002 |
| Unemployed | 11.7 | 15.9 | .74 | .46 |
| Retired | 29.2 | 10.4 | 2.8 | .005 |
| Rest ECG Rhythm (vs. Sinus) |  |  |  |  |
| Atrial fibrillation | 24.2 | 13.5 | 1.8 | .072 |
| Other ECG rhythm | 31.2 | 10.2 | 3.0 | .0023 |
| CPX duration | 7.9 | 4.3 | 1.8 | .064 |
| CPX duration squared | -0.12 | .18 | -0.69 | .49 |
| Hemoglobin | -5.3 | 2.3 | -2.3 | .023 |
| Nitrate | 17.3 | 7.8 | 2.2 | .026 |
| Heart Rate on CPX at the end of the 2nd Stage (vs. 1st (best) quartile) |  |  |  |  |
| 2nd quartile | 16.5 | 9.9 | 1.7 | .097 |
| 3rd quartile | 28.3 | 10.5 | 2.7 | .0069 |
| 4th (worst) quartile | 30.6 | 11.5 | 2.6 | .0081 |
| Missinga | 31.8 | 20.8 | 1.5 | .13 |
| BMI | -1.3 | .49 | -2.7 | .0068 |
| Season at Randomization (vs. Winter) |  |  |  |  |
| Spring | 13.0 | 9.2 | 1.4 | .16 |
| Summer | -3.8 | 9.2 | -0.42 | .68 |
| Autumn | 16.8 | 9.0 | 1.9 | .062 |
| Peak VO2 pulse | 120.3 | 134.6 | .89 | .37 |
| Abbreviations: BMI, body mass index;CPX, cardiopulmonary exercise test; ECG, electrocardiogram; US, United States; VO2, oxygen uptake;  aMissing because participant did not make it through two stages of the CPX test;  Note: peak VO2 pulse is on a larger scale compared to the rest of the variables included in the model. | | | | |