**Supplemental Digital Content 1.** Remaining lifetime risk of cardiovascular disease and total cancer from selected index ages to 85 years according to physical activity levels among men and women, ARIC, 1987–2012.

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| --- | --- | --- | --- | --- |
|  | Men and women  Lifetime risk (%) to 85y (95% confidence interval) | | |  |
| Index age, years | Poor | Intermediate | Recommended |  |
| Cardiovascular disease |  |  |  |  |
| 45 | 46.8 (44.6–48.6) | 43.3 (40.4–45.9) | 38.2 (36.0–40.0) |  |
| 55 | 44.4 (42.2–46.3) | 41.2 (38.3–43.7) | 36.1 (33.9–37.9) |  |
| 65 | 38.2 (35.7–40.3) | 35.9 (32.8–38.6) | 31.4 (29.1–33.3) |  |
| Total cancer |  |  |  |  |
| 45 | 35.3 (33.2–37.1) | 32.7 (30.2–34.8) | 36.6 (34.6–38.4) |  |
| 55 | 33.4 (31.4–35.1) | 30.5 (28.1–32.5) | 34.0 (32.0–35.7) |  |
| 65 | 27.4 (25.2–29.1) | 24.2 (21.7–26.3) | 28.0 (26.1–29.8) |  |