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**SUPPLEMENTAL DIGITAL CONTENT**

eTable 2: Risk of All-Cause Death and Myocardial Infarction Based on Achievement of 85% of Maximum Predicted Heart Rate Using the Sex-Specific and Traditional Formulas, Stratified by Sex

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Risk of Death** | | **Risk of MI** | | | |
|  | Women | Men | Women | Men | | |
| **Using Sex-Specific Formulas** |  | |  | | | |
| Unadjusted | 0.35 (0.29-0.41)\* | 0.31 (0.27-0.35) | 0.40 (0.27-0.59) | | 0.38 (0.28-0.52) |
| Model 1† | 0.71 (0.48-1.04) | 0.46 (0.34-0.61) | 0.68 (0.36-1.30) | 0.50 (0.31-0.81) | | |
| Model 2 | 0.98 (0.65-1.47) | 0.63 (0.46-0.85) | 0.87 (0.44-1.72) | 0.65 (0.39-1.08) | | |
|  |  | |  | | | |
| **Using Traditional Formula** |  | |  | | | |
| Unadjusted | 0.43 (0.37-0.49) | 0.36 (0.32-0.40) | 0.51 (0.38-0.70) | 0.42 (0.33-0.53) | | |
| Model 1 | 0.65 (0.49-0.86) | 0.54 (0.43-0.68) | 0.86 (0.53-1.43) | 0.56 (0.38-0.82) | | |
| Model 2 | 0.81 (0.60-1.09) | 0.69(0.55-0.89) | 1.05 ( 0.61-1.82) | 0.68 (0.46-1.02) | | |

\*Data displayed as hazard ratio (95% confidence interval).

†Model 1 adjusted for age, race, BMI, clinical indication for test, resting systolic blood pressure, resting heart rate, history of diabetes, hypertensive medication use, lipid-lowering medication use, history of smoking, and inhaler use for chronic pulmonary disease. Model 2 further adjusted for METS achieved.