TABLE S1. Baseline Characteristics by Weekly Amount of Resistance Exercise

|  |  |
| --- | --- |
| Baseline Characteristics | Weekly Amount of Resistance Exercise (minutes/week) |
| 0(n=9,153) | 1-59(n=810) | 60-119(n=1302) | ≥120(n=1,326) |
| Female | 1,891 (20.7) | 134 (16.5) | 285 (21.9) | 300 (22.6) |
| Age (year) | 47.0 ± 9.7 | 45.8 ± 8.4 | 46.1 ± 8.8 | 44.2 ± 9.6 |
| Heavy alcohol drinkera | 1,082 (11.8) | 94 (11.6) | 174 (13.4) | 148 (11.2) |
| Current smoker | 1,101 (12) | 78 (9.6) | 120 (9.2) | 143 (10.8) |
| Parental CVD | 2,451 (26.8) | 201 (24.8) | 310 (23.8) | 325 (24.5) |
| Meeting aerobic exercise guidelinesb | 4,589 (50.1) | 648 (80) | 1,081 (83) | 1,058 (79.8) |
| Body mass index (kg/m2)c | 26.3 ± 4.2 | 25.3 ± 3.4 | 25.3 ± 3.6 | 25.4 ± 3.7 |
| Hypertensiond | 2,723 (29.7) | 211 (26) | 311 (23.9) | 321 (24.2) |
| Diabetese | 398 (4.3) | 30 (3.7) | 45 (3.5) | 35 (2.6) |
| Hypercholesterolemiaf | 2,986 (32.6) | 233 (28.8) | 331 (25.4) | 301 (22.7) |

Values are number (%) or mean ± SD.

a Defined as alcohol drinks >14 and >7 per week for men and women, respectively.

b Defined as aerobic exercise ≥500 MET-minutes per week.

c Calculated as the weight in kilograms divided by the square of the height in meters.

d Defined as systolic blood pressure ≥140 mmHg, diastolic blood pressure ≥90 mmHg, or previous diagnosis by a physician.

e Defined as fasting glucose ≥126 mg/dl, previous diagnosis by a physician, or insulin use.

f Defined as total cholesterol ≥240 mg/dl, or previous diagnosis by a physician.

CVD, cardiovascular disease; SD, standard deviation.