TABLE S2. Hazard Ratio (95% CI) of Total CVD Events, CVD Morbidity, and All-Cause Mortality by Resistance Exercise for Participants Meeting and not Meeting Recommended Aerobic Exercise

|  |  |  |  |
| --- | --- | --- | --- |
|  | Total CVD Events | CVD Morbidity | All-Cause Mortality |
| Meeting Recommended AEa | Yb | Nc | Yb | Nc | Yb | Nc |
| Weekly Frequency of Resistance Exercise (times/week) |
|  0 | 1.00(Reference) | 1.00(Reference) | 1.00(Reference) | 1.00(Reference) | 1.00(Reference) | 1.00(Reference) |
|  1 | 0.25(0.14-0.46) | 0.35(0.16-0.77) | 0.36(0.17-0.77) | 0.31(0.11-0.87) | 0.49(0.29-0.80) | 1.08(0.58-2.01) |
|  2 | 0.41(0.24-0.71) | 0.52(0.26-1.06) | 0.66(0.35-1.23) | 0.39(0.14-1.10) | 0.53(0.32-0.87) | 0.99(0.52-1.88) |
|  3 | 0.62(0.35-1.11) | 0.34(0.08-1.41) | 0.83(0.41-1.70) | 0.47(0.11-1.98) | 0.54(0.30-0.96) | 1.14(0.41-3.15) |
|  ≥4 | 1.60(0.86-2.97) | 0.61(0.08-4.48) | 1.83(0.83-4.03) | 0.94(0.13-6.93) | 1.33(0.77-2.29) | 0.00(0.00-Inf) |
| p-value for Linear Trend: |  |  |  |  |  |
|  | 0.39 | 0.03 | 0.23 | 0.08 | 0.90 | 0.94 |
| p-value for Quadratic Trend: |  |  |  |  |  |
|  | <0.001 | 0.052 | 0.006 | 0.01 | <0.001 | 0.41 |
| p-value for Interaction |  |  |  |  |  |
|  | 0.65 | 0.90 | 0.06 |
| Weekly Minutes of Resistance Exercise (minutes/week) |
| 0 | 1.00(Reference) | 1.00(Reference) | 1.00(Reference) | 1.00(Reference) | 1.00(Reference) | 1.00(Reference) |
| 1-59 | 0.40(0.21-0.52) | 0.41(0.23-0.74) | 0.55(0.32-0.94) | 0.34(0.15-0.76) | 0.47(0.32-0.69) | 1.11(0.69-1.79) |
| 60-119 | 0.74(0.43-1.26) | 0.26(0.06-1.08) | 0.85(0.43-1.66) | 0.35(0.08-1.47) | 0.84(0.51-1.38) | 0.47(0.11-1.92) |
| ≥120 | 0.94(0.47-1.89) | 1.02(0.32-3.28) | 1.06(0.43-2.59) | 0.93(0.22-3.91) | 0.97(0.53-1.77) | 0.94(0.23-3.87) |
| p-value for Linear Trend: |  |  |  |  |  |
|  | 0.69 | 0.89 | 0.40 | 0.69 | 0.50 | 0.97 |
| p-value for Quadratic Trend: |  |  |  |  |  |
|  | 0.72 | <0.001 | 0.86 | 0.03 | 0.69 | 0.58 |
| p-value for Interaction |  |  |  |  |  |
|  | 0.48 | 0.65 | 0.04 |

a Defined as baseline physical activity >=500 MET-minutes/week.

b Model was adjusted for baseline examination year, age (year), gender, smoking status (current smoker or not), alcohol consumption (heavy drinker or not), parental history of cardiovascular disease (yes or no), body mass index (kg/m2), hypertension (yes or no), diabetes (yes or no), and hypercholesterolemia (yes or no) among the group meeting the recommended aerobic exercise.

c Model was adjusted for baseline examination year, age (year), gender, smoking status (current smoker or not), alcohol consumption (heavy drinker or not), parental history of cardiovascular disease (yes or no), body mass index (kg/m2), hypertension (yes or no), diabetes (yes or no), and hypercholesterolemia (yes or no) among the group not meeting the recommended aerobic exercise.

AE, aerobic exercise; CI, confidence interval; CVD, cardiovascular diseases; HR, hazard ratio.