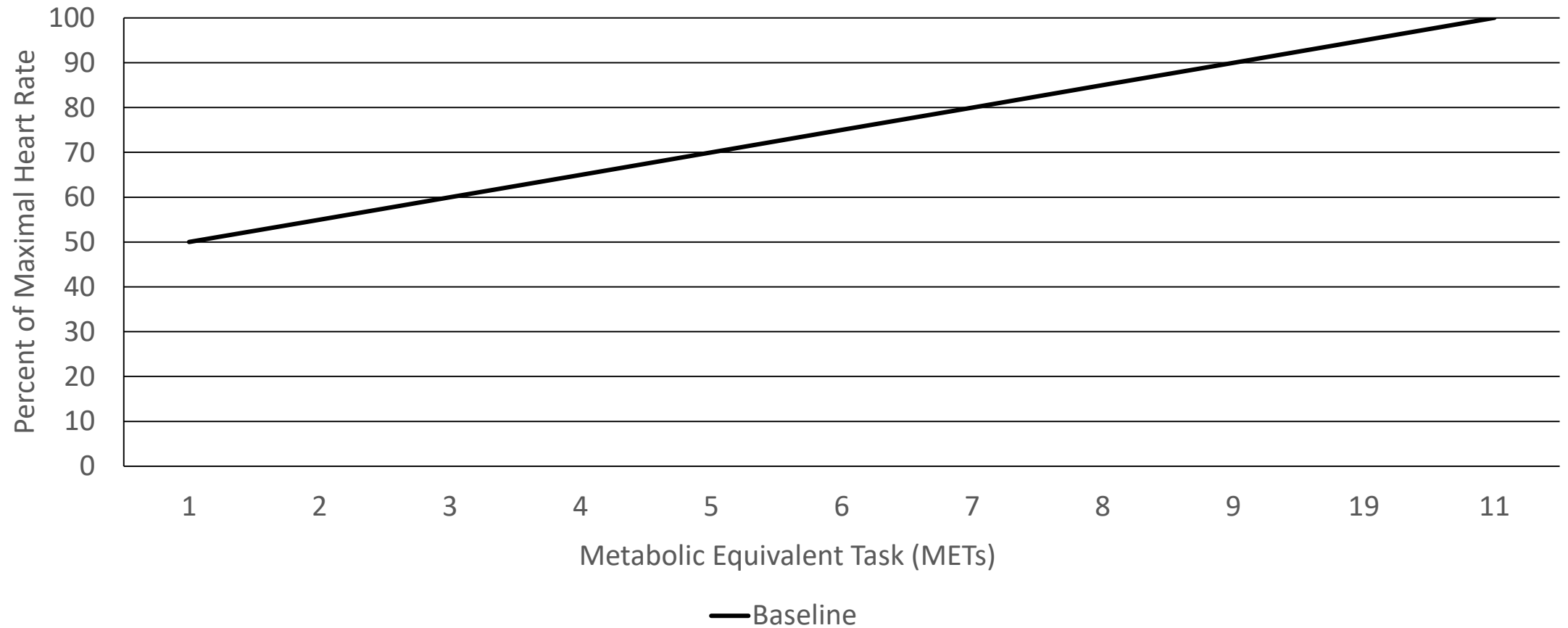


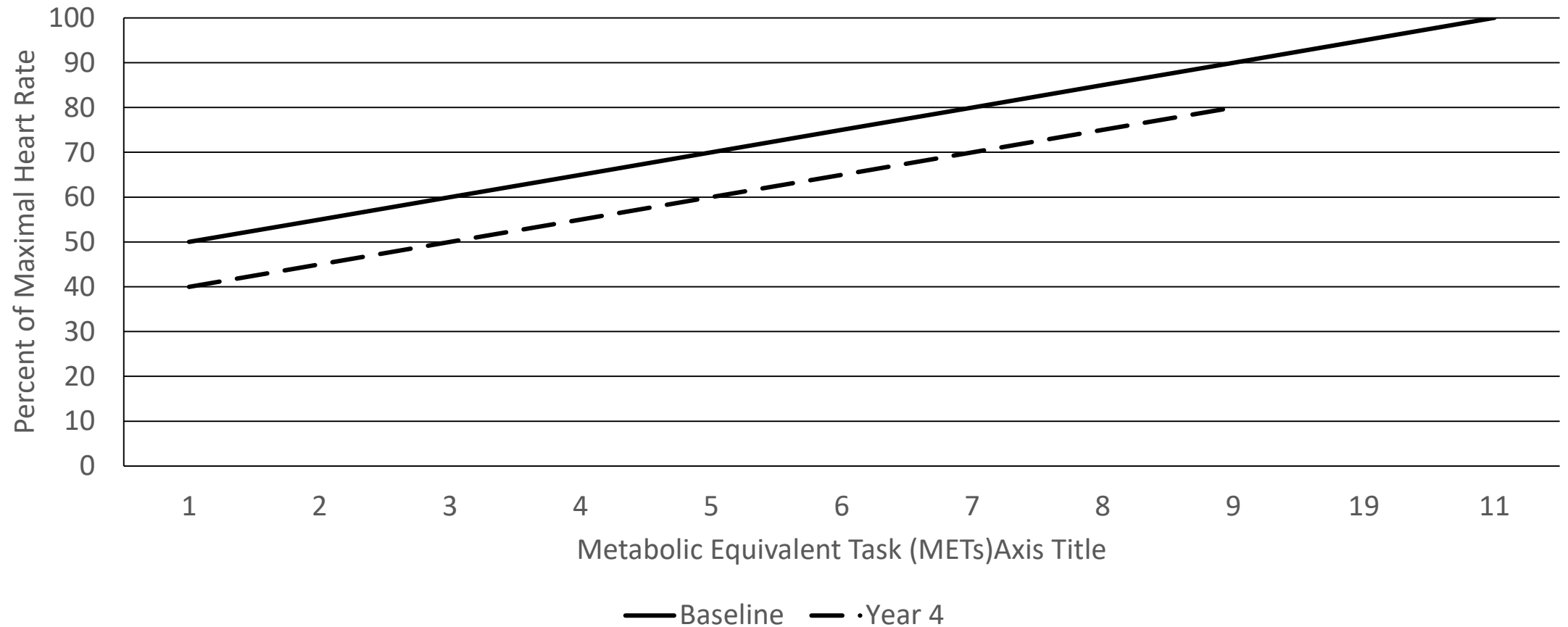
Look AHEAD Study Procedures

Computing the difference in fitness when comparing a maximal exercise test at baseline to a submaximal exercise test at follow-up

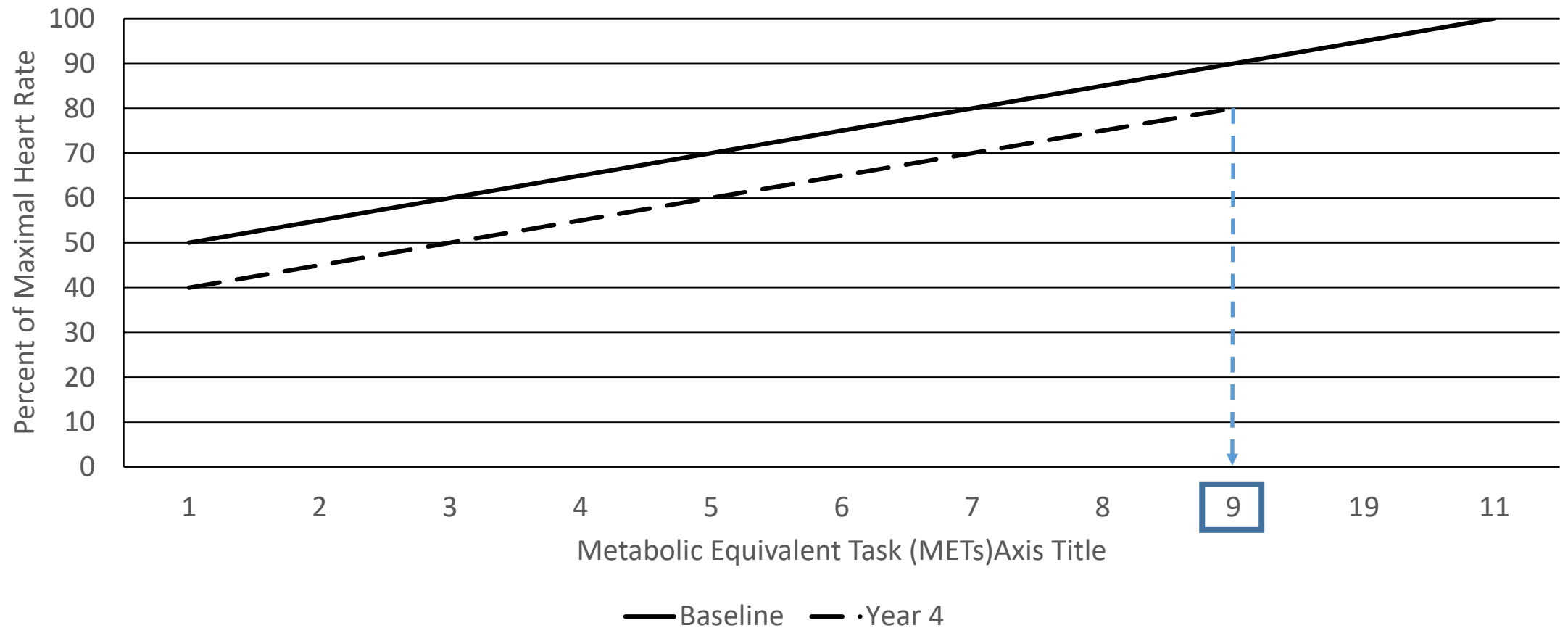
Step 1: Plot the percent of maximal heart rate and METs for the baseline graded exercise test.



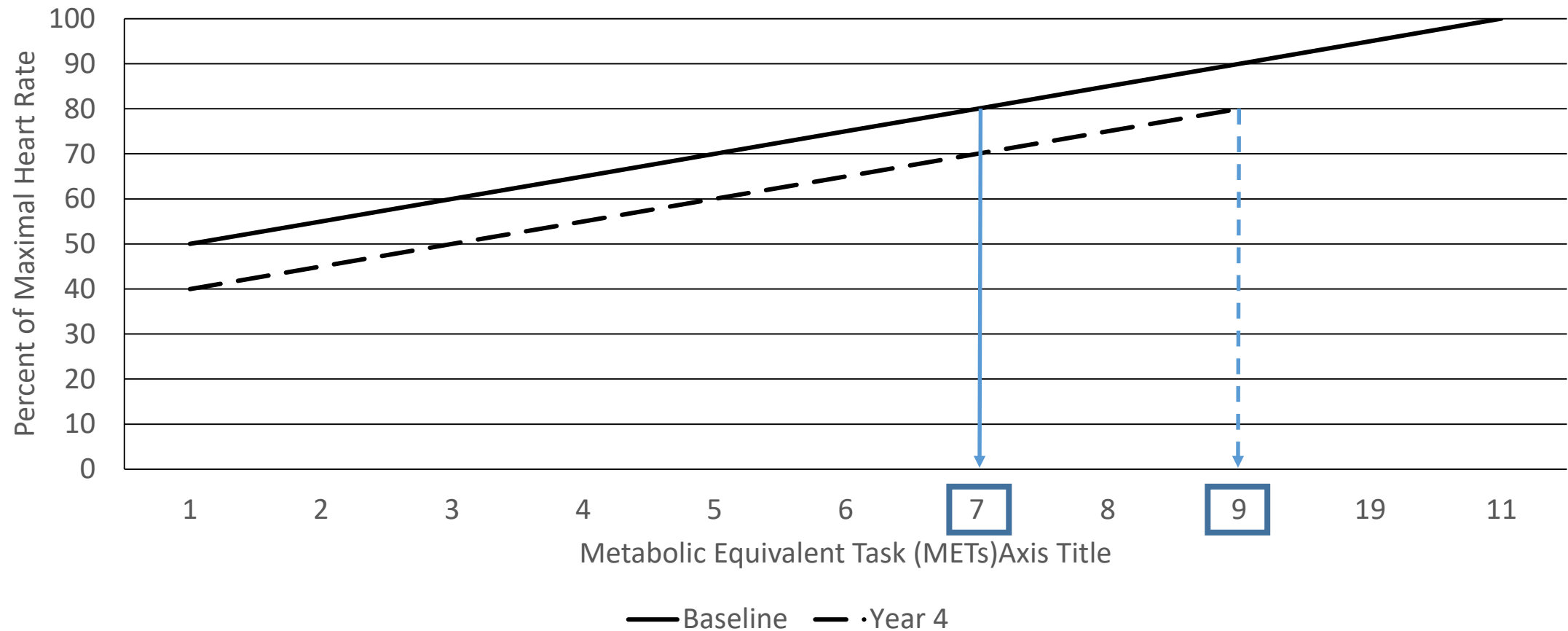
Step 2: Plot the percent of maximal heart rate and METs for the follow-up submaximal graded exercise test (terminated at 80% of age-predicted maximal heart rate).



Step 3: Identify the MET level at test termination that corresponds to 80% of age-predicted maximal heart rate.



Step 4: Identify the MET level during the baseline exercise test that corresponds to 80% of age-predicted maximal heart rate.



Step 5: Computer the difference between baseline and follow-up for METs achieve at 80% of age-predicted maximal heart rate.

