Supplementary file

Table S1. Basic clinical features.

Primary outcomes					Covariates							
Exercise capacity	**Echocardiography**	**Endothelial function**	**Arterial stiffness**	**Quality of life**	**Sociodemographic variables**	**Patient medical history**	**Anthropometric variables**	**Muscle strength**	**Spirometry**	**Biochemical parameters**	**Physical activity**	**Mediterranean diet adherence**
VO2max (ml/min/kg)	E velocity (m/s)	cIMT (mm)	PWv (m/s)	SF-12	Age (years)	Comorbidities (n, %)	Weight (kg)	Handgrip strength (kg)	FVC (L)	Glucose (mg/dL)	Accelerometry (g)	MEDAS-14
Workload (watts)	A velocity (m/s)		cAIx (%)	MLWHFQ	Sex	Pharmacological treatment	Height (cm)		FEVI (L)	Total cholesterol (mg/dL)	Podometry (steps/day)	
Exercise time (s)	E/A ratio				Socioeconomic level		BMI (kg/m2)		FEVI/FVC (%)	Triglycerides (mg/dL)		
HRmax (beats/min)	e' velocity ratio						Densitometry			HDL cholesterol (mg/dL)		
6-minute walking test (m)	Ejection fraction percentage (%)						Blood pressure (mmHg)			LDL cholesterol (mg/dL)		
	Left ventricular volume index (mL/m2)									Apolipoproteins A1 and B (mg/dL)		
	End-diastolic volume (mL)									Insulin (mlU/L)		
	Left ventricular mass (g)									Ultrasensitive C-reactive protein (mg/L)		
	Left atrial diameter (mm)									NT-proBNP (pg/mL)		
	Isovolume relaxation time (ms)									HbA1c (%)		
	Deceleration time (ms)											
	Left atrial volume index											