

Supplemental Digital Content 1.

Table. Number of people excluded from the treadmill tests according to different criteria in the CARDIA study.

	Year 0	Year 7	Year 20
Permanent Exclusion Criteria			
History of exercise-induced asthma	15	17	11
History of heart, blood vessel or lung conditions *	11	28	61
Elevated resting blood pressure †	14	36	17
Abnormal ECG ‡	14	8	8
Abnormal chest exam ¶	17	13	3
Subject refusal	3	16	3
Other diseases Δ	57	134	27
Pregnancy	0	0	6
Discretion of exam personnel	68	150	57
Exclusion where rescheduling is possible but never happen			
Equipment malfunction	10	0	1
Fever/cold on exam day	5	7	11
Injury on exam day	15	49	17
	229	458	222

*History of any of the following heart, blood vessel or lung conditions: heart attack, angina, infarction, valvular heart disease, heart failure, stroke cardiomyopathy, aneurysm, myocarditis or pericarditis, pulmonary embolus or infarction.

† Systolic blood pressure ≥ 160 mmHg or diastolic blood pressure ≥ 100 mmHg at year 0 or year 7; Systolic blood pressure ≥ 200 mmHg or diastolic blood pressure ≥ 110 mmHg at year 20.

‡Resting ECG showing evidence of possible significant ischemia, high-degree atrioventricular block, tachyarrhythmia or bradyarrhythmia other than sinus tachycardia or sinus bradycardia.

¶Any of the following findings on chest and cardiac examination: rales, wheeze, systolic murmur which study physician feels is likely to represent aortic stenosis, S3 gallop.

ΔAny of the following medical conditions: disorder of the muscles, joints or nervous system that is made worse by exercise, uncontrolled metabolic disease, chronic infectious disease, or uncontrolled HIV.