Supplemental digital content 1

The following algorithms were used to estimate cardiorespiratory fitness:

HUNT2

Men:

$$105.91 - (0.334 \times age) - (0.270 \times WC) - (0.144 \times RHR) + (3.102 \times PA)$$

Women:

$$78.00 - (0.297 \times age) - (0.402 \times WC) - (0.110 \times RHR) + (2.674 \times PA)$$

HUNT 3

Men:

$$100.27 - (0.296 \times age) - (0.369 \times WC) - (0.155 \times RHR) + (0.226 \times PA - index)$$

Women:

$$74.74 - (0.247 \times age) - (0.259 \times WC) - (0.114 \times RHR) + (0.198 \times PA - index)$$

Footnote

WC = waist circumference; RHR = resting heart rate; PA = physical activity.