

Risk factor		Strength of evidence	Literature support, references
Cardiovascular fitness	Increased exercise tolerance	Level 1b	(Gass et al. 1980, DiCarlo et al. 1983, DiCarlo 1988, Hjeltne and Wallberg-Henriksson 1998, Jacobs et al. 2002, de Groot et al. 2003, Sutbeyaz et al. 2005)
	Increased VO_{2max}	Level 1b	(Gass et al. 1980, DiCarlo et al. 1983, Cooney and Walker 1986, DiCarlo 1988, Jacobs et al. 2002, de Groot et al. 2003, El-Sayed et al. 2004, Sutbeyaz et al. 2005)
	Increased cardiac output	Level 2	(Davis et al. 1987, Davis et al. 1991)
	Reduced submaximal exercise heart rate	Level 4	(DiCarlo 1988)
	Increased maximal heart rate	Level 4	(Sutbeyaz et al. 2005)
	Increased stroke volume	Level 2	(Davis et al. 1987, Davis et al. 1991)
	Decreased total peripheral resistance	Level 2	(Davis et al. 1987, Davis et al. 1991)
	Increased power output	Level 1b	(Cooney and Walker 1986, DiCarlo 1988, Hjeltne and Wallberg-Henriksson 1998, Jacobs et al. 2002, de Groot et al. 2003, Hicks et al. 2003, Sutbeyaz et al. 2005)
	Intrinsic cellular adaptations that facilitate oxidative metabolism	Level 4	(Stewart et al. 2004)
Lipid lipoprotein profile	Increased HDL cholesterol	Level 2	(Hooker and Wells 1989, Nash et al. 2001, El-Sayed and Younesian 2005)
	Reduced LDL cholesterol	Level 1	(Hooker and Wells 1989, Nash et al. 2001, de Groot et al. 2003, Stewart et al. 2004)
	Reduced triglycerides	Level 1b	(de Groot et al. 2003)
	Reduced total cholesterol	Level 1b	(Hooker and Wells 1989, de Groot et al. 2003, Stewart et al. 2004)
Glucose homeostasis	Increased insulin sensitivity, decreased insulin resistance, and/or improved glucose tolerance.	Level 1b	(de Groot et al. 2003)

Note: HDL = high-density lipoprotein; LDL = low-density lipoprotein.