

| Risk factor               |                                                                                                                                                   | Strength of evidence | Literature support (references)                                                                                                                  |
|---------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| Cardiovascular fitness    | <ul style="list-style-type: none"> <li>Increased exercise tolerance</li> </ul>                                                                    | Level 4              | (Pollack et al. 1989, Hooker et al. 1992, Barstow et al. 1996, Mohr et al. 1997, Wheeler et al. 2002, Thijssen et al. 2005)                      |
|                           | <ul style="list-style-type: none"> <li>Increased VO<sub>2</sub>max/VO<sub>2</sub>peak</li> </ul>                                                  | Level 4              | (Pollack et al. 1989, Hooker et al. 1992, Barstow et al. 1996, Hjeltne et al. 1997, Mohr et al. 1997, Wheeler et al. 2002, Thijssen et al. 2005) |
|                           | <ul style="list-style-type: none"> <li>Increased cardiac output</li> </ul>                                                                        | Level 4              | (Hooker et al. 1992)                                                                                                                             |
|                           | <ul style="list-style-type: none"> <li>Reduced submaximal exercise heart rate</li> </ul>                                                          | Level 4              | (Faghri et al. 1992)                                                                                                                             |
|                           | <ul style="list-style-type: none"> <li>Increased stroke volume</li> </ul>                                                                         | Level 4              | (Faghri et al. 1992)                                                                                                                             |
|                           | <ul style="list-style-type: none"> <li>Decreased total peripheral/vascular resistance</li> </ul>                                                  | Level 4              | (Faghri et al. 1992)                                                                                                                             |
|                           | <ul style="list-style-type: none"> <li>Increased power output</li> </ul>                                                                          | Level 4              | (Faghri et al. 1992, Hooker et al. 1992, Thijssen et al. 2005)                                                                                   |
|                           | <ul style="list-style-type: none"> <li>Intrinsic cellular adaptations that facilitate oxidative metabolism</li> </ul>                             | Level 4              | (Andersen et al. 1996, Mohr et al. 1997, Crameri et al. 2002, Crameri et al. 2004)                                                               |
| Lipid lipoprotein profile | <ul style="list-style-type: none"> <li>Reduced LDL cholesterol</li> </ul>                                                                         | Level 4              | (Solomonow et al. 1997)                                                                                                                          |
|                           | <ul style="list-style-type: none"> <li>Reduced total cholesterol</li> </ul>                                                                       | Level 4              | (Solomonow et al. 1997)                                                                                                                          |
| Glucose homeostasis       | <ul style="list-style-type: none"> <li>Increased insulin sensitivity, decreased insulin resistance, and/or improved glucose tolerance.</li> </ul> | Level 4              | (Jeon et al. 2002)                                                                                                                               |

*Note:* LDL = low-density lipoprotein.