

## Supplementary Online Content

Friedenreich CM, Neilson HK, O'Reilly R, et al. Effects of a high vs moderate volume of aerobic exercise on adiposity outcomes in postmenopausal women: a randomized clinical trial. *JAMA Oncol*. Published online July 16, 2015.  
doi:10.1001/jamaoncol.2015.2239

**eTable 1.** Exercise adherence distributions from exercise log data in BETA, Alberta, Canada, 2010-2013

**eTable 2.** Types of activities reported in exercise logs by participants in BETA, Alberta, Canada, 2010-2013

**eFigure.** Mean percent change in adiposity measures over 12 months by exercise adherence, in an exploratory analysis that combined intervention groups; BETA Trial, Alberta, Canada, 2010-2013

This supplementary material has been provided by the authors to give readers additional information about their work.

**eTable 1. Exercise adherence distributions from exercise log data, weeks 13-52, in BETA, Alberta, Canada, 2010-2013**

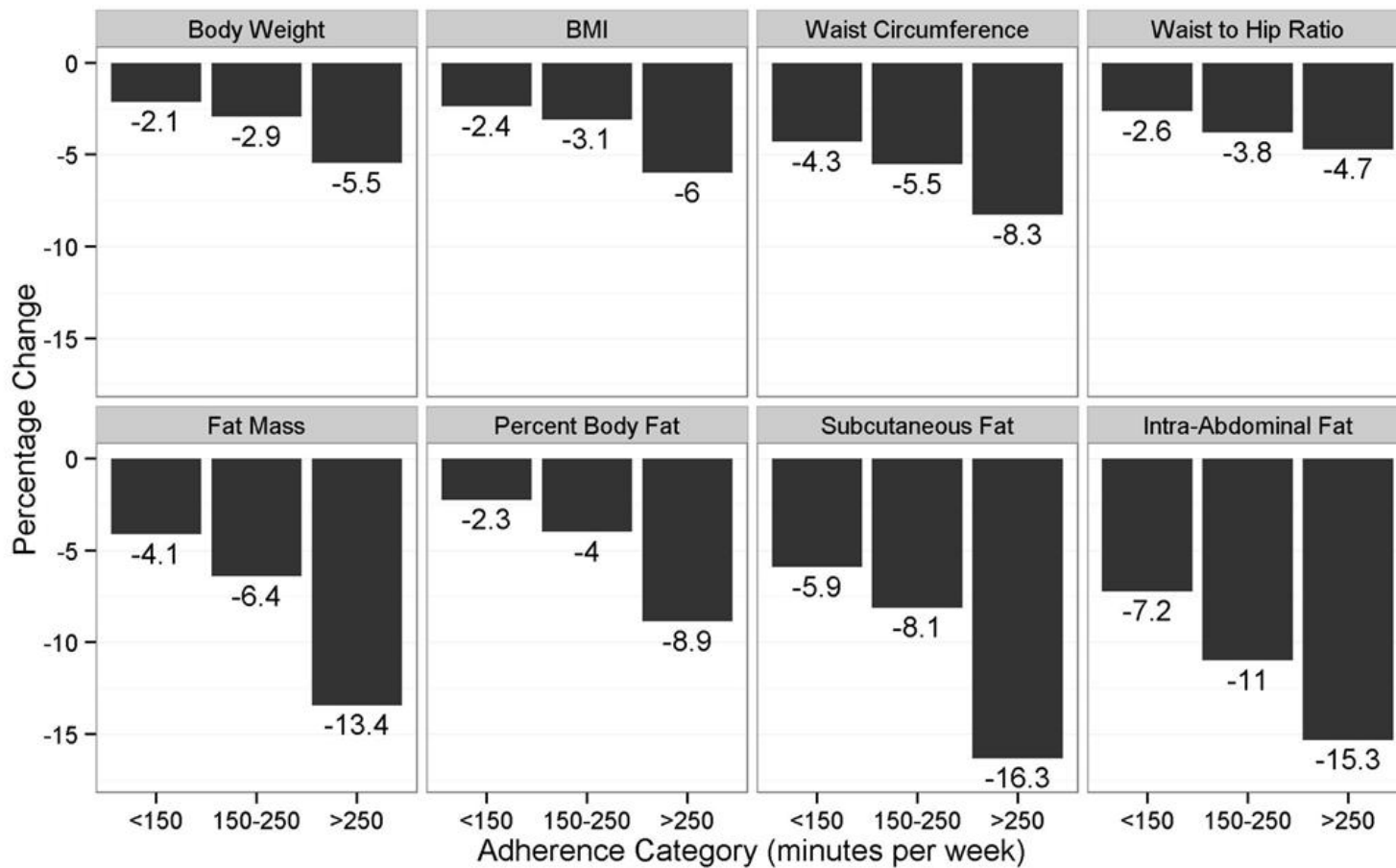
| Average minutes per week | MODERATE                       |     |      | HIGH                           |    |      |
|--------------------------|--------------------------------|-----|------|--------------------------------|----|------|
|                          | Percent of target <sup>†</sup> | N   | %    | Percent of target <sup>†</sup> | N  | %    |
| <50                      | 0% to <33%                     | 20  | 10.0 | 0% to <17%                     | 22 | 11.0 |
| ≥50 to <100              | ≥33% to <66%                   | 20  | 10.0 | ≥17% to <33%                   | 8  | 4.0  |
| ≥100 to <150             | ≥66% to <100%                  | 113 | 56.5 | ≥33% to <50%                   | 15 | 7.5  |
| ≥150 to <200             | ≥100% to <133%                 | 47  | 23.5 | ≥50% to <66%                   | 22 | 11.0 |
| ≥200 to <250             |                                | 0   | 0    | ≥66% to <83%                   | 29 | 14.5 |
| ≥250 to <300             |                                | 0   | 0    | ≥83% to <100%                  | 78 | 39.0 |
| ≥300                     |                                | 0   | 0    | ≥100%                          | 26 | 13.0 |

<sup>†</sup> For the MODERATE group, the target exercise duration was 150 minutes per week; for the HIGH group, the target exercise duration was 300 minutes per week.

**eTable 2. Types of activities reported in exercise logs by participants in BETA, Alberta, Canada, 2010-2013.**

| <b>Fitness Facility, Supervised</b> |   |   |
|-------------------------------------|---|---|
| <b>Recorded Activity</b>            | <b>MODERATE<br/>Number (%)<br/>of log entries</b> | <b>HIGH<br/>Number (%)<br/>of log entries</b> |
| Elliptical trainer                  | 8666 (38.6)                                       | 7522 (34.8)                                   |
| Walking                             | 5549 (24.7)                                       | 5157 (23.8)                                   |
| Bicycling                           | 3147 (14.0)                                       | 3834 (17.7)                                   |
| Rowing                              | 1314 (5.9)  | 1495 (6.9)                                    |
| Running                             | 1718 (7.6)  | 1124 (5.2)                                    |
| Stair Climber                       | 459 (2.0)   | 509 (2.4)                                     |
| Aquasize                            | 174 (0.8)   | 355 (1.6)                                     |
| Zumba                               | 115 (0.5)   | 247 (1.1)                                     |
| Swimming                            | 230 (1.0)   | 216 (1.0)                                     |
| Rope Machine                        | 266 (1.2)   | 200 (0.9)                                     |
| Other                               | 846 (3.8)   | 986 (4.6)                                     |
| <b>TOTAL</b>                        | <b>22481 (100.0)</b>                              | <b>21645 (100.0)</b>                          |
| <b>Home-based, Unsupervised</b>     |   |   |
| <b>Recorded Activity</b>            | <b>MODERATE<br/>Number (%)<br/>of log entries</b> | <b>HIGH<br/>Number (%)<br/>of log entries</b> |
| Walking                             | 6640 (39.7)                                       | 6017 (38.5)                                   |
| Elliptical trainer                  | 3256 (19.5)                                       | 3487 (22.3)                                   |
| Running                             | 2348 (14.0)                                       | 1633 (10.4)                                   |
| Bicycling                           | 1462 (8.7)  | 1600 (10.2)                                   |
| Swimming                            | 591 (3.5)   | 655 (4.2)                                     |
| Aquasize                            | 263 (1.6)   | 440 (2.8)                                     |
| Rowing                              | 167 (1.0)   | 428 (2.7)                                     |
| Stair Climber                       | 671 (4.0)   | 298 (1.9)                                     |
| Hiking                              | 161 (1.0)   | 217 (1.4)                                     |
| Treadmill                           | 185 (1.1)   | 136 (0.9)                                     |
| Dancing                             | 186 (1.1)   | 65 (0.4)                                      |
| Other                               | 792 (4.7)   | 668 (4.3)                                     |
| <b>TOTAL</b>                        | <b>16722 (100.0)</b>                              | <b>15644 (100.0)</b>                          |

**eFigure. Mean percent change in adiposity measures over 12 months by exercise adherence\*, in an exploratory analysis that combined intervention groups; BETA Trial, Alberta, Canada, 2010-2013**



\*  $P$ -trend < 0.0001 for body weight, BMI, waist circumference, fat mass, percent body fat, subcutaneous abdominal fat;  $P$ -trend = 0.0001 for intra-abdominal fat;  $P$ -trend = 0.02 for waist-to-hip ratio. Sample sizes for adherence categories 150-250 and >250 minutes/week were N=89 and N=70, respectively. Sample sizes for <150 minutes/week were: N=218 (body weight, BMI, waist circumference), N=220 (fat mass, percent body fat) and N=225 (subcutaneous, intra-abdominal fat).