

## Supplementary Online Content

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**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**

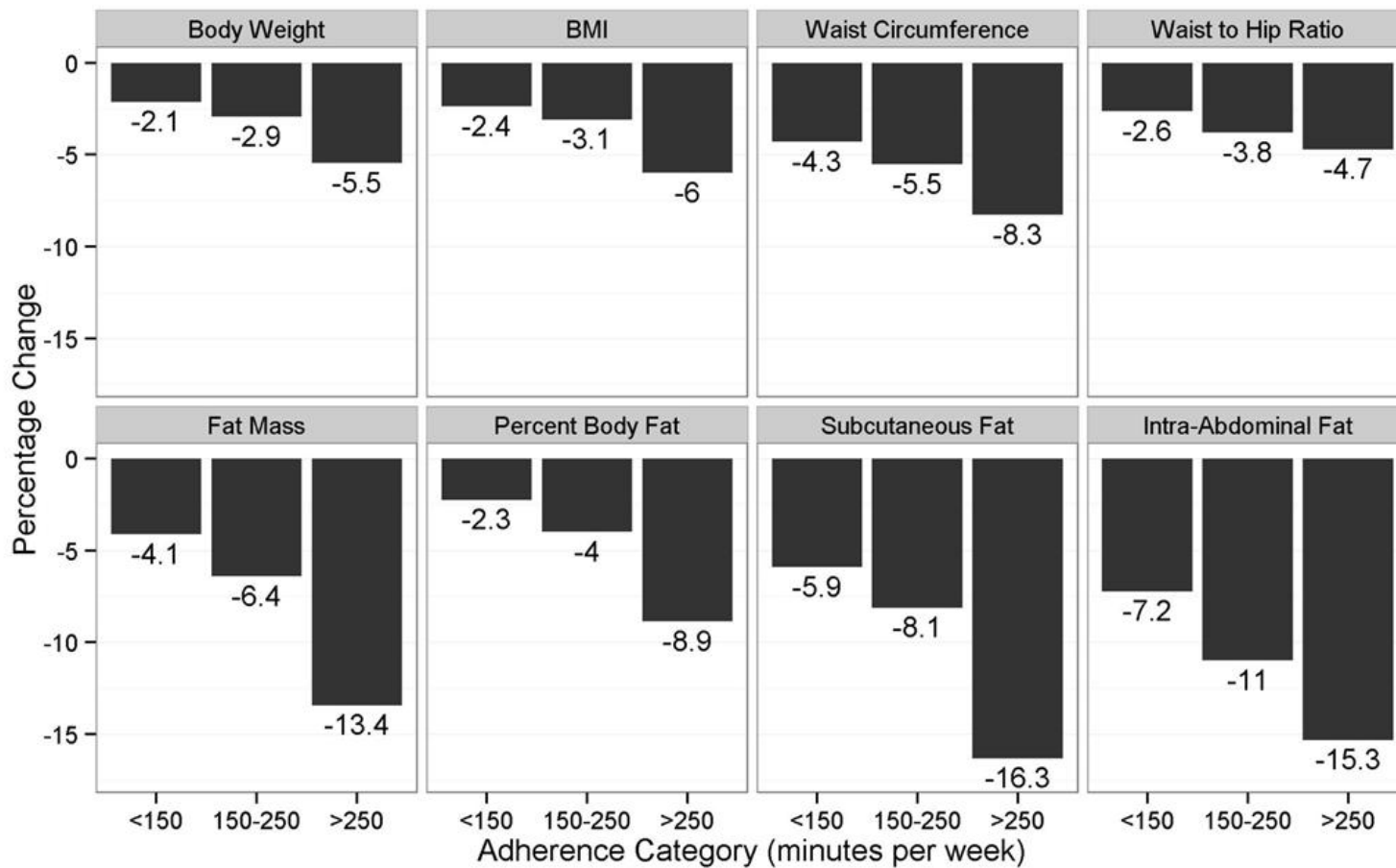
Average minutes per week	MODERATE			HIGH		
	Percent of target <sup>†</sup>	N	%	Percent of target <sup>†</sup>	N	%
<50	0% to <33%	20	10.0	0% to <17%	22	11.0
≥50 to <100	≥33% to <66%	20	10.0	≥17% to <33%	8	4.0
≥100 to <150	≥66% to <100%	113	56.5	≥33% to <50%	15	7.5
≥150 to <200	≥100% to <133%	47	23.5	≥50% 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 Number (%) of log entries</b>	<b>HIGH Number (%) 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 Number (%) of log entries</b>	<b>HIGH Number (%) 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).