

Supplementary Table 4. Regular exercise-stratified simple logistic regression in clinically normotensive men without a history of hypertension according to the presence of electrocardiographic left ventricular hypertrophy or normal sinus rhythm

Characteristic	Regular exercise*			
	No		Yes	
	No. of subjects with information	Crude OR (95% CI)	No. of subjects with information	Crude OR (95% CI)
Demographics				
Age (y)	382	1.07 (1.00–1.15)	106	0.95 (0.87–1.04)
Level of education	327		96	
<College education		1.00		1.00
≥College education		0.63 (0.19–2.07)		1.00 (0.23–4.29)
Monthly household income (10,000 won/mo)	324		97	
<200		1.0		1.0
≥200		NA (NA)		NA (NA)
Marital status	356		96	
Single		1.00		1.00
Married		NA (NA)		NA (NA)
Social/health habits				
Smoking	372		103	
Never		1.00		1.00
Ex		3.24 (0.66–16.03)		2.36 (0.25–22.41)
Current		1.82 (0.37–8.95)		2.09 (0.20–21.38)
Problem drinking [†]	375	1.32 (0.46–3.79)	105	0.59 (0.14–2.50)
Family history				
Stroke	354	3.06 (0.93–10.11)	100	0.00 (0.00–)
Cardiac disease including ischemic heart disease	354	2.48 (0.66–9.28)	100	0.00 (0.00–)
Hypertension	354	0.84 (0.23–3.04)	100	1.13 (0.21–6.00)
Diabetes	354	0.00 (0.00–)	100	0.95 (0.11–8.44)
Other [‡]	354	0.52 (0.16–1.66)	100	0.16 (0.02–1.32)
Diagnosis history				
Tuberculosis	382	0.54 (0.07–4.22)	106	1.61 (0.18–14.75)
Other	382	0.56 (0.18–1.78)	106	0.37 (0.07–1.89)
Physical characteristics				
Height (cm)	382	1.01 (0.93–1.10)	106	1.02 (0.90–1.15)
Weight (kg)	382	0.98 (0.93–1.03)	106	1.04 (0.97–1.11)
Body mass index (kg/m ²)	382	0.89 (0.73–1.08)	106	1.17 (0.91–1.49)
Obesity [§] (reference: no obesity)	382	0.27 (0.06–1.20)	106	1.05 (0.26–4.14)
Waist circumference (cm)	382	0.97 (0.91–1.05)	106	1.04 (0.96–1.14)
Abdominal obesity [¶]	382	0.80 (0.22–2.87)	106	1.61 (0.37–6.95)
Systolic blood pressure (mm Hg)	382	1.05 (1.00–1.10)	106	1.00 (0.95–1.07)
Diastolic blood pressure (mm Hg)	382	1.09 (1.00 [¶] –1.18)	106	0.97 (0.88–1.06)
Pulse rate (beats/min)	382	0.98 (0.92–1.04)	106	0.89 (0.79–1.00)
Laboratory characteristics				
Hemoglobin A1c (%)	370	0.95 (0.34–2.66)	103	0.93 (0.15–5.92)
Fasting blood glucose (mg/dL)	382	1.01 (0.99–1.03)	106	1.04 (0.99–1.10)
Total cholesterol (mg/dL)	382	1.00 (0.98–1.01)	106	0.98 (0.96–1.01)
High-density lipoprotein (mg/dL)	382	1.03 (1.00–1.07)	106	0.95 (0.89–1.02)
Low-density lipoprotein (mg/dL)	382	1.00 (0.98–1.01)	106	0.98 (0.95–1.01)
Triglyceride (mg/dL)	382	1.00 (0.99–1.00)	106	1.00 (0.99–1.02)
Uric acid (mg/dL)	382	1.16 (0.75–1.81)	106	0.72 (0.45–1.15)
Hemoglobin (g/dL)	382	0.84 (0.46–1.54)	106	1.06 (0.45–2.47)
High-sensitivity C-reactive protein (mg/L)	352	0.71 (0.34–1.47)	100	1.42 (0.97–2.09)
eGFR	319	0.99 (0.92–1.08)	92	1.11 (0.93–1.33)
Aspartate aminotransferase (IU/L)	382	1.01 (0.96–1.05)	106	1.03 (0.97–1.09)
Alanine transaminase (IU/L)	382	0.97 (0.93–1.02)	106	1.02 (0.99–1.05)

Data describing medical histories and lifestyle were obtained from structured self-questionnaires. eGFR (mL/min/1.73 m²)=175×serum creatinine (mg/dL)–1.154×age–0.203×0.742 (if female).

OR, odds ratio; CI, confidence interval; NA, not applicable; eGFR, estimated glomerular filtration rate.

*At least 150 min of moderate-intensity aerobic physical activity throughout the week or at least 75 min of vigorous-intensity aerobic physical activity throughout the week.

[†]In men up to 65 years, >14 standard drinks per week on average or >4 drinks on any day; in women and adults over 65 years, >7 standard drinks per week on average or >3 drinks on any day. [‡]Liver disease, cancer, gastritis, hemorrhoids, and so on. [§]Body mass index ≥25 kg/m². [¶]Waist circumference ≥90 cm in men and ≥85 cm in women.

[¶]Upper or lower limit of CI=1.00 and P<0.05.