

Supplementary Table 5. Regular exercise-stratified multiple logistic regression analysis in clinically normotensive men without a history of hypertension according to the presence of electrocardiographic left ventricular hypertrophy or normal sinus rhythm

Variable	Regular exercise*			
	No		Yes	
	No. of subjects with information	Adjusted OR (95% CI)	No. of subjects with information	Adjusted OR (95% CI)
Model A	372		103	
Age		1.08 (1.00 [†] –1.16)		0.92 (0.83–1.03)
SBP		1.06 (1.01–1.12)		1.00 (0.93–1.07)
Obesity [‡] (reference: no obesity)		0.22 (0.05–1.00 [†])		1.03 (0.22–4.73)
Smoking				
Never		1.00		1.00
Ex		2.84 (0.55–14.59)		3.74 (0.34–41.50)
Current		1.95 (0.38–9.90)		2.50 (0.23–27.73)
Model B	382		106	
Age		1.07 (1.00–1.15)		0.95 (0.87–1.05)
SBP		1.04 (0.98–1.11)		1.01 (0.94–1.09)
Obesity		0.19 (0.04–0.87)		0.85 (0.20–3.61)
DBP		1.06 (0.96–1.17)		0.95 (0.85–1.07)
Model C	382		106	
Age		1.08 (1.01–1.16)		0.91 (0.82–1.01)
SBP		1.07 (1.01–1.12)		0.98 (0.92–1.05)
Obesity		0.20 (0.04–0.92)		0.55 (0.12–2.66)
Pulse rate		0.98 (0.91–1.04)		0.86 (0.75–0.99)
Model D	382		106	
Age		1.09 (1.01–1.17)		0.95 (0.87–1.04)
SBP		1.06 (1.01–1.12)		0.99 (0.93–1.05)
Obesity		0.18 (0.04–0.85)		1.02 (0.23–4.50)
Uric acid		1.29 (0.81–2.07)		0.73 (0.46–1.15)
Model E	382		106	
Age		1.07 (0.99–1.15)		0.95 (0.87–1.04)
DBP		1.11 (1.01–1.20)		0.97 (0.88–1.06)
Obesity		0.20 (0.04–0.95)		0.88 (0.21–3.68)

Data describing medical histories and life style were obtained from structured self-questionnaires.

OR, odds ratio; CI, confidence interval; SBP, systolic blood pressure; DBP, diastolic blood pressure.

*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.

[†]Upper or lower limit of CI=1.00 and P<0.05. [‡]Body mass index ≥ 25 kg/m².