

Supplementary Material

Table S1. FI variables used at CR admission and completion.

Variable	Cut-off values for deficit
Non-cardiovascular-disease related variables	
Obesity (BMI; kg/m ²)	0 = 18.5–25.0 0.5 = 25.1–29.9 1 = 30
Waist circumference	Women: 0: ≤88 cm 1: >88 cm Men: 0: ≤102 cm 1: >102 cm
SF-36 Physical Function component score	0: >80
SF-36 Role-physical component score	0.25: 60–80
SF-36 Bodily Pain component score	0.5: 40–59
SF-36 General Health component score	0.75: 20–39
SF-36 Energy component score	1: <20
SF-36 Role-emotional component score	
SF-36 Mental Health component score	
Change in health in the past year	0: Much better; somewhat better; same 0.5: Somewhat worse 1: Much worse
Percent body fat	Females: 0: <35.6% 0.33: 35.6–40.9% 0.66: 41.0–45.4% 1: >45.4% Males: 0: <24.3% 0.33: 24.3–28.6% 0.66: 28.7–33.4% 1: >33.4%
Percent lean muscle mass	Females: 0: >17.3% 0.33: 15.9–17.3% 0.66: 14.6–15.9% 1: <14.6% Males: 0: >20.4% 0.33: 19.1–20.4% 0.66: 17.9–19.0% 1: <17.9%
Food Frequency Score	0: >77 0.33: 73–77 0.66: 68.5–73

	1: <68.5
Cardiovascular -disease related variables	
Systolic blood pressure	0: 90–140 mmHg 1: <90 or >140 mmHg
Diastolic blood pressure	0: 60–90 mmHg 1: <60 or >90 mmHg
Resting heart rate	0: 60–99 bpm 1: <60 or >99 bpm
Mean arterial pressure	0: 70–110 mmHg 1: <70 or >110 mmHg
Pulse pressure	0: 30–60 mmHg 1: <30 or >60 mmHg
Total cholesterol	0: ≤6.2 mmol/L 1: >6.2 mmol/L
HDL cholesterol	0: ≥ 1.03 mmol/L 1: <1.03 mmol/L
LDL cholesterol	0: 0.98–3.36 mmol/L 1: <0.98 or >3.36 mmol/L
Triglycerides	0: <1.67 mmol/L 1: ≥1.67 mmol/L
Fasting blood glucose	0: 3.9–6.1 mmol/L 1: <3.9 or >6.1 mmol/L
NYHA functional class	0: No shortness of breath 0.33: Some shortness of breath 0.66: Moderate shortness of breath 1: Major shortness of breath
Peak metabolic equivalents (METs)	0: ≥5 METs 1: <5 METs

Abbreviations: BMI, body mass index; bpm, beats per minute; kg, kilograms; m, meters; METs, metabolic equivalents; mmHg, millimetre of mercury; mmol, millimole; SF-36, Short Form Health Survey (36-item).