S2 Appendix. Explanation for the variables in Table 3.

- **Usual walking pace**: Self-reported usual walking pace of the participant was self-defined as slow, steady/average or brisk.

- **Ankle spacing width**: Bone-densitometry of heel, the Ankle width is indicated by the spacing between measurement transducer pads on heel.

- **Self-reported health rating**: Participants' own assessment of their health defined as excellent, good, fair, poor.

- **Number of treatments**: Number of medications currently taken by the participant.

- **Leg predicted mass**: Estimated mass of the leg (measured in Kg) used to estimate body composition.

- **Basal metabolic rate**: The participant's resting metabolic rate as measured in the assessment center.

- **Blood clot in the leg**: previous blood clots for the participants.

- **Duration of fitness test**: Duration of the fitness test that the participants went through in order to extract his/her ECG during exercise.