

## 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.