**e-Table 1. Physical characteristics, type of cardiac condition and Cardiovascular Risk Factors.**

|  |  |
| --- | --- |
| General features | |
| Sex (M/F) | 185 (77.1%) / 55 (22.9%) |
| Age [IQR] | 56 [51-62] |
| BMI [IQR] | 28.05 [26.20-31.34] |
| Systolic Function | |
| Normal | 117 (48.8%) |
| Mildly depressed | 62 (25.8%) |
| Moderately depressed | 33 (13.8%) |
| Severely depressed | 28 (11.6%) |
| Type of cardiac condition | |
| Revascularization | 204 (85.0%) |
| Percutaneous transluminal coronary angioplasty | 174 (85.3%) |
| Bypass | 25 (12.3%) |
| Both | 5 (2.4%) |
| Heart failure | 50 (20.8%) |
| Valve surgery | 32 (13.3%) |
| Cardiovascular risk factors | |
| Smoker | 33 (13.8%) |
| Smoker before starting the rehabilitation program | 115 (47.9%) |
| Hypertension | 167 (69.6%) |
| Dyslipidemia | 172 (71.7%) |
| Diabetes mellitus | 58 (24.2%) |
| Overweight | 115 (47.9%) |
| Obesity | 88 (36.7%) |

*Abbreviations - M/F: male/female; IQR: interquartile range; BMI: body mass index.*

*Notice: patients undergoing valvuloplasty or heart failure may also have undergone revascularization: in this case they have been counted in each corresponding group.*