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

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| 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.*