

Supplementary Material

**Table S1.** Multivariate linear mixed model results predicting HRV parameters by study subgroups and covariates. Predictors included the three subgroups by physical activity.

Predictors	Model 1 HR		Model 2 SDNN		Model 3 RMSSD		Model 4 VLF power		Model 5 LF power		Model 6 Dependent variable: HF power		Model 7 Dependent variable: HF/LF ratio		Model 8 Dependent variable: Stress index		Model 9 Dependent variable: PNS index		Model 10 Dependent variable: SNS index		
	Beta	p value	Beta	p value	Beta	p value	Beta	p value	Beta	p value	Beta	p value	Beta	p value	Beta	p value	Beta	p value	Beta	p value	
Age	0.009	0.947	-0.434	0.002	-0.400	0.006	-0.009	0.011	-0.011	0.011	-0.020	0.001	0.009	0.004	0.027	0.560	-0.006	0.494	0.001	0.990	
BMI	0.431	0.372	-0.366	0.433	-0.182	0.713	-0.009	0.455	-0.018	0.222	-0.010	0.620	-0.009	0.419	0.279	0.071	-0.025	0.398	0.079	0.159	
Study group	Non active (ref)	\	\	\	\	\	\	\	\	\	\	\	\	\	\	\	\	\	\	\	0.159
	Semi active	-4.190	0.313	-0.766	0.849	-0.673	0.874	-0.009	0.930	0.011	,032	0.853	-0.019	0.830	-0.385	0,772	0.188	0.459	-0.307	0.527	\
	Active	37,218	<0.001	-21.147	<0.001	-22.994	<0.001	-0.518	<0.001	-0.490	-,722	<0.001	0.232	0.003	8.816	<0.001	-2.210	<0.001	4.181	<0.001	0.527
Smoking habit	-0.222	0.945	-3.444	0.265	-1.790	0.584	-0.034	0.675	-0.112	0.245	-0.041	0.758	-0.070	0.316	0.951	0.352	-0.031	0.874	0.094	0.800	
Physical activity (FIT)	-0.079	0.111	0.036	0.449	0.026	0.613	0.001	0.239	0.001	0.507	0.001	0.483	0.001	720	-0.011	0.486	0.004	0.192	-0.008	0.165	
Medications	-11.329	0.003	4.091	0.266	1.939	0.619	0.222	0.020	0.168	0.143	0.117	0.455	0.056	0.503	-2.510	0.039	0.470	0.044	-1.163	0.009	