

Supplemental Appendix 1

Ramped and Standard Bruce Protocols

Duration	Ramped Bruce Stage	Ramped Bruce Speed (mph)	Ramped Bruce Grade (%)	Standard Bruce Stage	Standard Bruce Speed (mph)	Standard Bruce Grade (%)	METs achieved
0:00 **	1	1.7	0	1	1.7	10.0	1.8
0:20	2	1.7	1.3	1	1.7	10.0	1.9
0:40	3	1.7	2.5	1	1.7	10.0	2
1:00	4	1.7	3.7	1	1.7	10.0	2.3
1:20	5	1.7	5.0	1	1.7	10.0	2.6
1:40	6	1.7	6.2	1	1.7	10.0	2.7
2:00	7	1.7	7.5	1	1.7	10.0	2.7
2:20	8	1.7	8.7	1	1.7	10.0	3.1
2:40 *	9	1.7	10.0	1	1.7	10.0	3.4
3:00**	10	1.8	10.2	2	2.5	12.0	3.8
3:20	11	1.9	10.2	2	2.5	12.0	4.2
3:40	12	2.0	10.5	2	2.5	12.0	4.6
4:00	13	2.1	10.7	2	2.5	12.0	4.8
4:20	14	2.2	10.9	2	2.5	12.0	4.8
4:40	15	2.3	11.2	2	2.5	12.0	5.3
5:00	16	2.4	11.2	2	2.5	12.0	5.3
5:20	17	2.5	11.6	2	2.5	12.0	5.5
5:40 *	18	2.5	12.0	2	2.5	12.0	5.5
6:00**	19	2.6	12.2	3	3.4	14.0	6.1
6:20	20	2.7	12.4	3	3.4	14.0	6.3
6:40	21	2.8	12.7	3	3.4	14.0	6.5
7:00	22	2.9	12.9	3	3.4	14.0	6.8
7:20	23	3.0	13.1	3	3.4	14.0	7
7:40	24	3.1	13.4	3	3.4	14.0	7
8:00	25	3.2	13.6	3	3.4	14.0	7
8:20	26	3.3	13.8	3	3.4	14.0	7.6
8:40 *	27	3.4	14.0	3	3.4	14.0	7.6
9:00**	28	3.5	14.2	4	4.2	16.0	7.9
9:20	29	3.6	14.4	4	4.2	16.0	8.1
9:40	30	3.7	14.6	4	4.2	16.0	8.8
10:00	31	3.8	14.8	4	4.2	16.0	9
10:20	32	3.9	15.0	4	4.2	16.0	9.3
10:40	33	4.0	15.2	4	4.2	16.0	9.6

	Ramped Bruce			Standard Bruce			
Duration	Stage	Speed (mph)	Grade (%)	Stage	Speed (mph)	Grade (%)	METs
11:00	34	4.1	15.4	4	4.2	16.0	9.9
11:20	35	4.2	15.6	4	4.2	16.0	10.1
11:40 *	36	4.2	16.0	4	4.2	16.0	10.1
12:00 **	37	4.3	16.2	5	5.0	18.0	10.4
12:20	38	4.4	16.4	5	5.0	18.0	10.4
12:40	39	4.5	16.6	5	5.0	18.0	11.1
13:00	40	4.6	16.8	5	5.0	18.0	11.1
13:20	41	4.7	17.0	5	5.0	18.0	11.4
13:40	42	4.8	17.2	5	5.0	18.0	11.7
14:00	43	4.9	17.4	5	5.0	18.0	12.5
14:20	44	5.0	17.6	5	5.0	18.0	12.8
14:40	45	5.1	18.0	5	5.0	18.0	12.8
15:00 **	46	5.1	18.0	6	5.5	20.0	13.1

***Represents point at which ramped Bruce stage meets standard Bruce stage**

****Represents beginning of next three minute exercise stage**

Supplemental Appendix 2

Veterans Specific Activity Questionnaire (VSAQ)

Before beginning your treadmill test today, we need to estimate what your usual limits are during daily activities. The following is a list of activities that increase in difficulty as you read down the page. Think carefully then underline the first activity that if you performed it for a period of time, would typically cause fatigue shortness of breath, chest discomfort or otherwise want you to stop. If you do not normally perform a particular activity, try to imagine what it would be like if you did.

1 MET	Eating, getting dressed, working at a desk
2 METs	Taking a shower, shopping, cooking Walking down 8 steps
3 METs	Walking slowly on a flat surface for 1 or 2 blocks A moderate amount of work around the house such as vacuuming, sweeping the floors, or carrying groceries
4 METs	Light yard work (i.e. raking leaves, weeding, sweeping, or pushing a power mower), painting, or light carpentry
5 METs	Walking briskly Social dancing, washing the car
6 METs	Play 9 holes of golf carrying your own clubs. Heavy carpentry, mow lawn with push mower
7 METs	Carrying 60 pounds, perform heavy outdoor work (i.e. digging, spading soil, etc.)
8 METs	Carrying groceries upstairs, move heavy furniture Jog slowly on flat surface, climb stairs quickly
9 METs	Bicycling at a moderate pace, sawing wood, jumping rope (slowly)
10 METs	Brisk swimming, bicycle up a hill, jog 6 miles per hour
11 METs	Carry a heavy load (i.e. a child or firewood) up 2 flights of stairs
12 METs	Running briskly, continuously (level ground, 8 min per mile)
13 METs	Any competitive activity, including those that involve intermittent sprinting Running competitively, rowing competitively, bicycle riding

(Myers, Bader, Madhavan & Froelicher, 2001)