

Table 1S. Participant characteristics.

	Exercise (n=28)	Control (n = 29)	P-value
Age, yr (SD)	69.7 (7.6)	70.4 (9.3)	0.756
Height, cm (SD)	174.2 (6.3)	175.1 (6.1)	0.581
Weight, kg (SD)	87.8 (14.9)	87.6 (14.1)	0.965
Percent body fat, (SD)	32.6 (4.5)	32.5 (4.4)	0.912
Number of medications, (IQR)	3.5 (2.0 – 5.0)	4.0 (2.0 – 6.0)	0.419
Number of comorbidities*, (IQR)	1.0 (1.0 – 2.0)	1.0 (0.0 – 2.0)	0.894
<u>Bone lesion site</u>			
Pelvis, N (%)	22 (78.6)	21 (72.4)	0.589
Femur, N (%)	14 (50.0)	9 (31.0)	0.145
Rib/Thoracic spine, N (%)	18 (64.3)	20 (69.0)	0.708
Lumbar spine, N (%)	13 (46.4)	12 (41.4)	0.701
Humerus, N (%)	10 (35.7)	4 (13.8)	0.055
All Regions, N (%)	2 (7.1)	2 (6.9)	0.971
Other site, N (%)	18 (64.3)	22 (75.9)	0.340
<u>Treatment</u>			
Current ADT, n (%)	27 (96.4)	27 (93.1)	0.574
ADT months, median (IQR)	2.0 (1.0 – 6.3)	4.0 (1.0 – 9.0)	0.195
Prostatectomy, N (%)	7 (25.0)	7 (24.1)	0.940
Radiation, N (%)	12 (42.9)	12 (41.4)	0.910
Brachytherapy, N (%)	3 (11.1)	3 (10.7)	0.962
Radiation for bone, N (%)	1 (3.7)	6 (21.4)	0.049
Chemotherapy, N (%)	5 (17.9)	4 (13.8)	0.674

BMI, body mass index; ADT, androgen deprivation therapy; IQR, inter-quartile range; values are the mean (SD), median (IQR), or N (%); *hypertension, hypercholesterolemia, cardiovascular disease, osteoporosis, and diabetes.