Study Variables, Measures, and Data-Collection Methods

Variable	Measure	Data-Collection Method
PRIMARY OUTCOMES		
Exercise	ActiGraph wGT3X-BT	Waist ActiGraph
FITNESS OUTCOMES		
Cardiopulmonary Fitness	VO$_2$ peak	Cardiometabolic Stress Test
CARDIOMETABOLIC OUTCOMES		
Insulin Sensitivity	Fasting Glucose and Insulin Calculate the HOMA-IR	Serum
Lipid Profile	Total Cholesterol Concentration, HDL-C, LDL-C, and Triglycerides	Serum
Endothelial Vessel Function	Reactive Hyperemia Index	Endo PAT
Waist-to-Hip Ratio Pericardial and Visceral Abdominal Fat Volume	Standardized Hip-Waist Measurements Fat Volume	Tape Measure Cardiac CT Imaging
COVARIATES, POTENTIAL MEDIATORS, AND MODERATORS		
Demographic and Medical History	Demographic and Medical Survey	Tablet computer and chart abstraction
Depression	Beck Depression Index	Tablet computer
Cognitive Function	Montreal Cognitive Assessment Tool	Interview
Physical environment	Neighborhood Environment Walkability Scale-Abbreviated	Tablet computer
HIV Antiretroviral Medication History and Adherence	30-day Visual Analog Scale and Rating, HIV HIV Medication Use History, and CD4 Count	Tablet computer and chart abstraction
Tobacco History and Status	Pack year and current daily use	Tablet computer
Muscle Strength	Hand grip strength	Jamar Hydaulic Hand Dynanometer
Diet	24-hr Dietary Recall	Nutritional Data System for Research
Systems Thinking	Systems Thinking Scale	Tablet computer
Self-Efficacy	Self-Efficacy for Diet and Exercise	Tablet computer
Social Support	Multidimensional Scale of Perceived Social Support	Tablet computer