

Supplemental Digital Content 1. Hazard ratio (HR) according to level of weight lifting<sup>a</sup> by cancer type in age and sex-adjusted models in the NIH AARP Diet and Health Study<sup>b</sup>.

	Level of Weight Lifting			P <sub>trend</sub>
	None	Low	High	
<b>Colon</b>				
No. of cases	1379	255	81	
Age and sex adjusted HR	1.00	0.71	0.68	0.001
95% confidence interval		0.61, 0.81	0.55, 0.85	
<b>Kidney</b>				
No. of cases	649	157	45	
Age and sex adjusted HR	1.00	0.88	0.74	0.01
95% confidence interval		0.74, 1.05	0.54, 0.99	
<b>Bladder</b>				
No. of cases	1369	347	120	
Age and sex adjusted HR	1.00	0.92	0.92	0.32
95% confidence interval		0.81, 1.03	0.77, 1.11	
<b>Breast</b>				
No. of cases	2508	614	166	
Age and sex adjusted HR	1.00	1.02	0.95	0.14
95% confidence interval		0.93, 1.12	0.81, 1.11	
<b>Lung</b>				
No. of cases	2761	543	176	
Age and sex adjusted HR	1.00	0.75	0.74	0.004
95% confidence interval		0.68, 0.82	0.64, 0.86	
<b>Non-Hodgkin's Lymphoma</b>				
No. of cases	894	217	76	
Age and sex adjusted HR	1.00	0.91	0.95	0.96
95% confidence interval		0.78, 1.05	0.75, 1.20	
<b>Pancreas</b>				
No. of cases	578	170	47	
Age and sex adjusted HR	1.00	1.11	0.93	0.74
95% confidence interval		0.94, 1.32	0.69, 1.26	
<b>Prostate</b>				
No. of cases	5003	1595	615	
Age and sex adjusted HR	1.00	1.07	1.13	0.01
95% confidence interval		1.01, 1.14	1.04, 1.22	
<b>Rectum</b>				
No. of cases	427	69	31	
Age and sex adjusted HR	1.00	0.60	0.81	0.31
95% confidence interval		0.47, 0.78	0.56, 1.17	
<b>Melanoma</b>				
No. of cases	1658	599	197	
Age and sex adjusted HR	1.00	1.30	1.25	0.56
95% confidence interval		1.19, 1.43	1.07, 1.44	

<sup>a</sup> no=0 minutes, low=5 minutes-1.5 hours a week, high=2-10+ hours a week

<sup>b</sup> presented in the order of level of evidence linking physical activity to cancer risk as dictated by the Physical Activity Guidelines Advisory Committee<sup>3</sup>