Supplementary Table 1. Characteristics of the study population before the transition to retirement (n=689).

Characteristic	Women	Men
n (%)	587 (85)	102 (15)
Age, mean (SD)	63.2 (1.6)	63.3 (1.4)
Occupational status, n (%)		
Manual	202 (34)	30 (29)
Non-manual	385 (66)	72 (71)
Current smoking, n (%)		
No	521 (94)	95 (97)
Yes	37 (6)	3 (3)
Body mass index, n (%)		
Normal weight[a]	222 (39)	29 (30)
Overweight	220 (39)	48 (49)
Obese	123 (22)	21 (21)
Number of chronic diseases, n (%)[b]		
0	138 (28)	24 (29)
1	198 (41)	26 (32)
≥2	149 (31)	32 (39)
Limitations in walking 2 km, n (%)		
No	497 (87)	82 (83)
Minor	55 (10)	14 (14)
Major	18 (3)	3 (3)

[a] Included 3 (0.5%) underweight women and no underweight men.

[b] Following current chronic diseases taken into account: angina pectoris, myocardial infarction, or cerebrovascular disease, diabetes, osteoarthritis, osteoporosis, sciatica, fibromyalgia, rheumatoid arthritis, asthma, chronic bronchitis.