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Abbreviations

BMI = body mass index
CHD = coronary heart disease
CRF = cardiorespiratory fitness
CVD = cardiovascular disease
HDL-C = high-density lipoprotein cholesterol
HR = hazard ratio
IDI = integrated-discrimination-improvement
KIHD = Kuopio Ischaemic Heart Disease
NRI = net reclassification improvement
SCD = sudden cardiac death
SD = standard deviation
SBP = systolic blood pressure
VT = ventilatory threshold
VO₂ = oxygen uptake

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