Associations between cardiorespiratory fitness and weight loss in patients with severe obesity: retrospective cohort study

Jarle Berge\textsuperscript{1,2,3}, Øyvind Støren\textsuperscript{3}, Jens K. Hertel\textsuperscript{1}, Espen Gjevestad\textsuperscript{4,2,4}, Milada Cvancarova Småstuen\textsuperscript{1}, Jøran Hjelmesæth \textsuperscript{1,5}.

1. Morbid Obesity Centre, Vestfold Hospital Trust, Tønsberg, Norway. 2. Clinic Medicine and Rehabilitation, Vestfold Hospital Trust, Tønsberg, Norway 3. Nature, health and environment, University of Southeast, Bø in Telemark, Norway. 4. Norwegian Police University College, Stavern, Norway. 5. Department of Endocrinology, Morbid Obesity and Preventive Medicine, Institute of Clinical Medicine, University of Oslo, Oslo, Norway

\textbf{Correspondence:} Jarle Berge, Vestfold Hospital Trust, Box 2168, 3103 Tønsberg, Norway. Email: \texttt{jarle.berge@siv.no}
Cardiorespiratory fitness (VO$_{2\text{max}}$, mL·kg$^{-0.75}$·min$^{-1}$ baseline)

Weight reduction after 12 weeks (kg)

$P = 0.026$

$r = -0.17$

Figure S1
Cardiorespiratory fitness

(\(\text{VO}_{2\text{max}}, \text{mL} \cdot \text{kg}^{-0.75} \cdot \text{min}^{-1} \) baseline)

\(P = 0.028\)
\(r = -0.17\)

Figure S2
Cardiorespiratory fitness after 12-weeks
(delta %, VO$_{2max}$, mL·kg$^{-0.75}$·min$^{-1}$)

Weight reduction after 1-year (delta %, kg)

$P = 0.002$
$r = -0.26$

Figure S3