

## Lifestyle physical activity and rapid-rate non-sustained ventricular tachycardia in arrhythmogenic cardiomyopathy

Javier Ramos-Maqueda,<sup>\*,1,2</sup> Jairo H. Migueles,<sup>\*,3,4</sup> María Molina-Jiménez,<sup>5,6</sup> David Ruiz-González,<sup>7</sup> Eva Cabrera-Borrego,<sup>5</sup> Amalio Ruiz Salas,<sup>8</sup> Alberto Soriano-Maldonado,<sup>\*\*,7</sup> Juan Jiménez-Jáimez,<sup>\*\*,5,6</sup>

\* These authors contributed equally and share the first authorship.

\*\* These authors contributed equally and share the senior authorship.

<sup>1</sup> Cardiology Department, Lozano Blesa Clinical University Hospital, Zaragoza, Spain.

<sup>2</sup> Aragon Institute of Biohealth Research, Zaragoza, Spain.

<sup>3</sup> Department of Biosciences and Nutrition, Karolinska Institutet, Huddinge, Sweden.

<sup>4</sup> PROFITH “PRoMoting FITness and Health through physical activity” Research Group, Sport and Health University Research Institute (iMUDS), Department of Physical Education and Sports, Faculty of Sport Sciences, University of Granada, Granada, Spain.

<sup>5</sup> Cardiology Department, Hospital Universitario Virgen de las Nieves, Granada, Spain.

<sup>6</sup> Granada Institute of Biohealth Research, Granada, Spain.

<sup>7</sup> Department of Education, Faculty of Education sciences, and SPORT Research Group (CTS-1024), CERNEP Research Center, University of Almería, Almería, Spain.

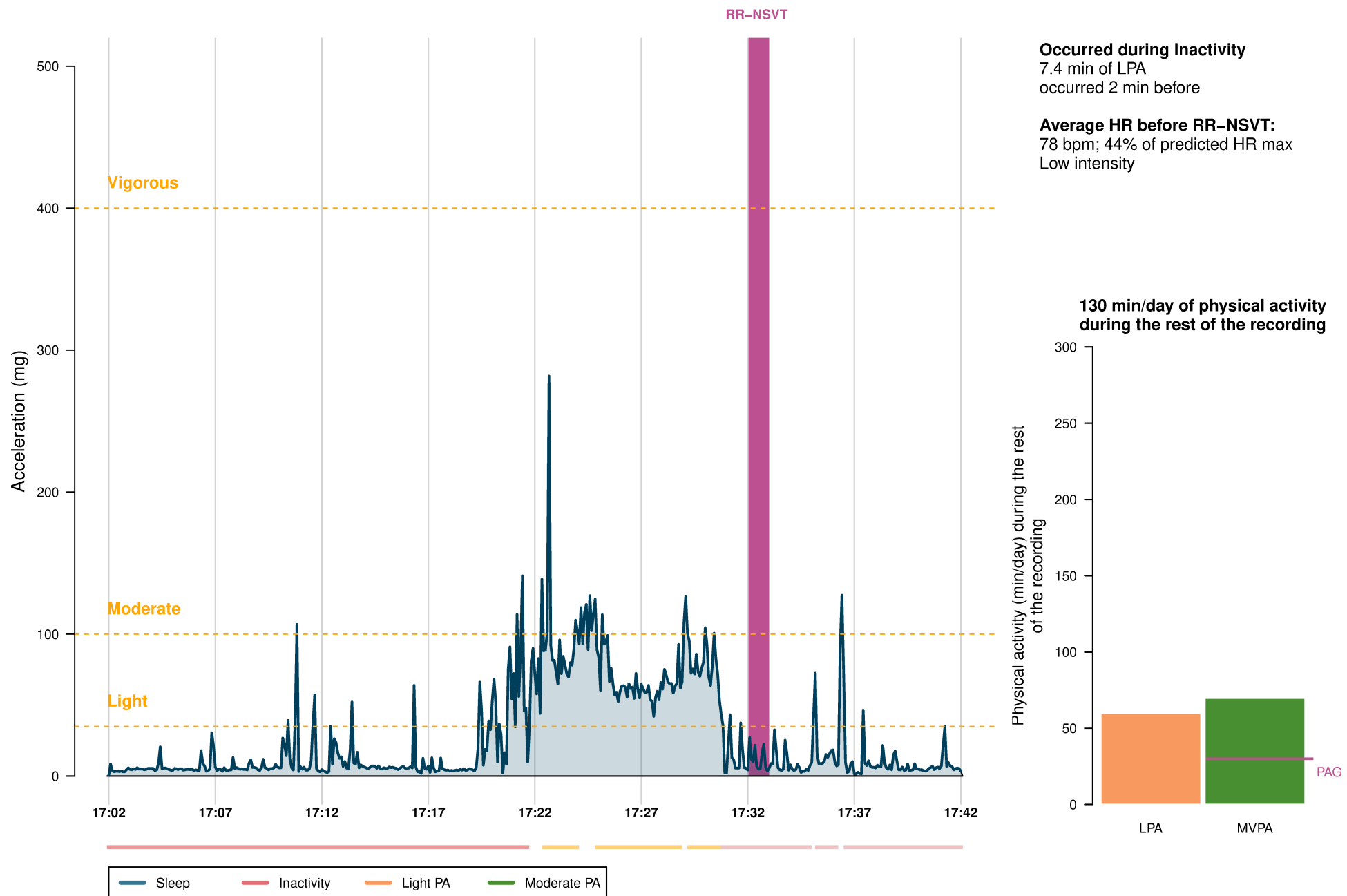
<sup>8</sup> Cardiology Department, Hospital Universitario Virgen de la Victoria, Málaga, Spain.

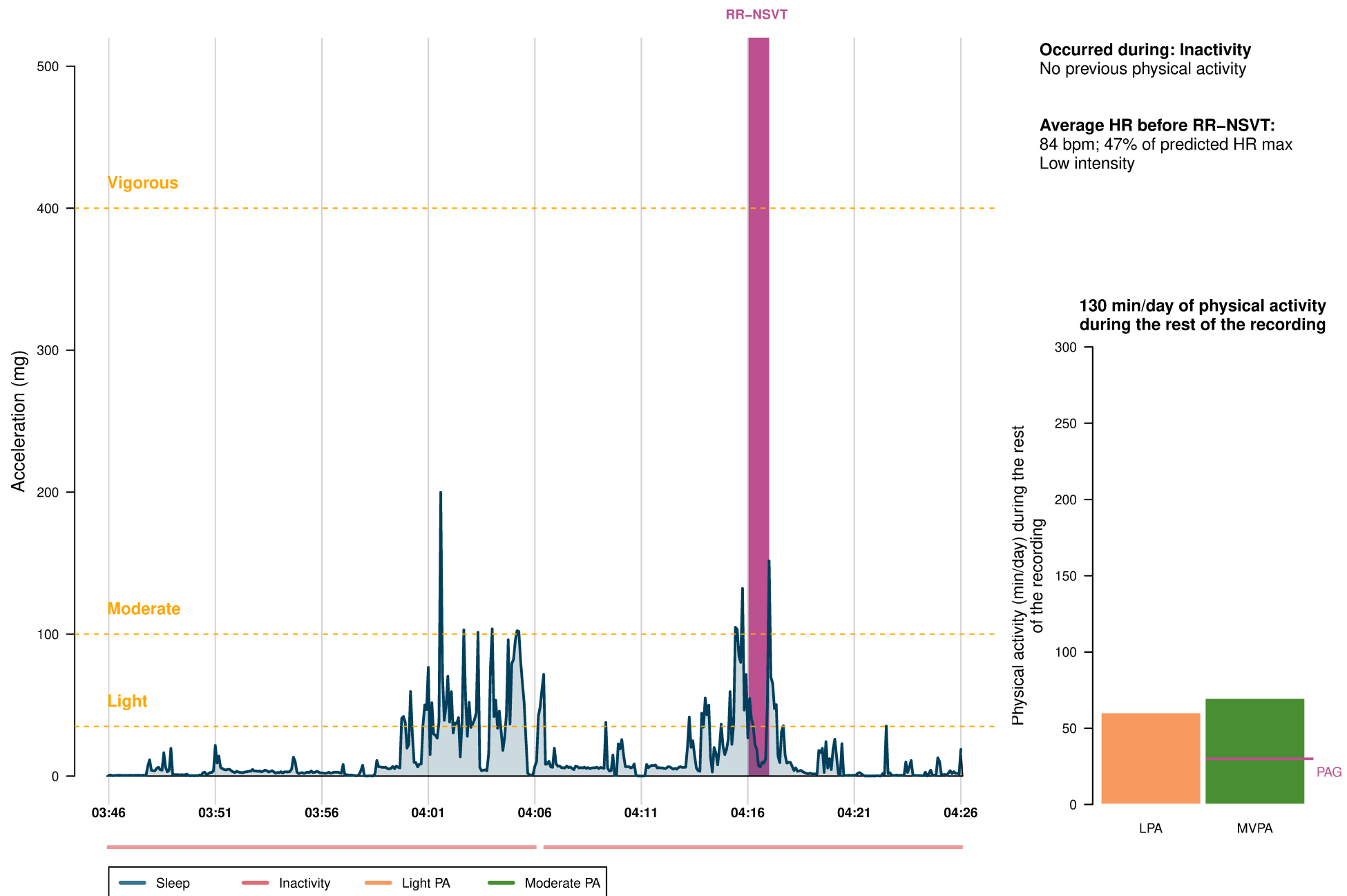
### Supplement 1

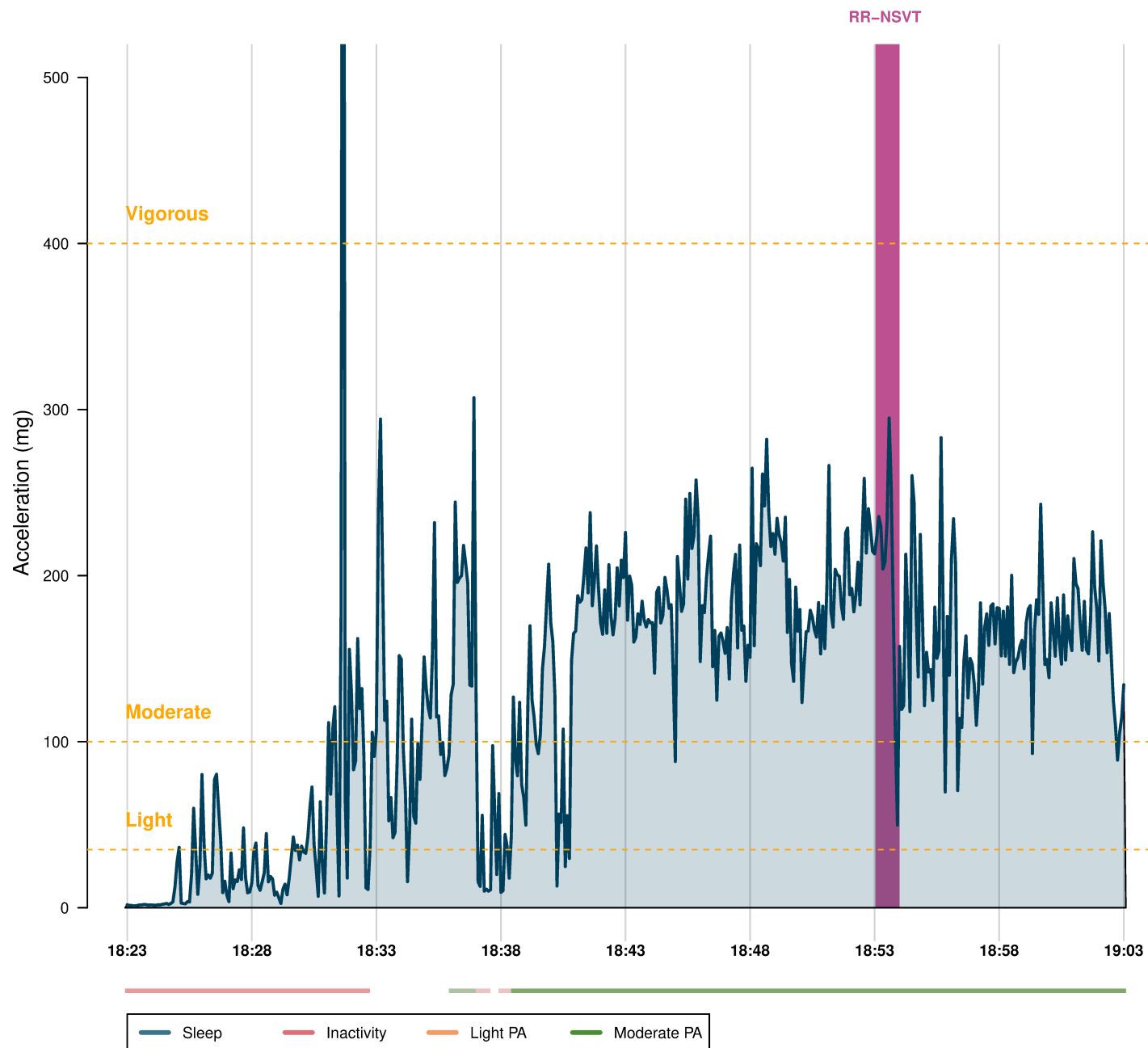
Visualizations of the accelerometers' signal during the occurrence of the RR-NSVTs that were observed in the study. The intensity of the colors for the classification of the behaviors at the bottom indicates for how long each behavior has been sustained (i.e., the higher the intensity, the longer this behavior was sustained).

Each page contains the visualization of a 40-min block starting 30 minutes before the occurrence of each RR-NSVT.

RR-NSVT: rapid-rate non-sustained ventricular tachycardia.







**Occurred during: MVPA**  
 This MVPA bout lasted for 24.58 min and started 15 min before the RR-NSVT

**Average HR before RR-NSVT:**  
 104 bpm; 59% of predicted HR max  
 Moderate intensity

