

TABLE S1. Additional Baseline Clinical Characteristics of Participants in the In SHAPE and Fitness Club Membership Groups^a

| Characteristic | Total Sample (N=210) | | Fitness Club Membership (N=106) | | In SHAPE (N=104) | |
|--|----------------------|----|---------------------------------|----|------------------|----|
| | N | % | N | % | N | % |
| Weight in lbs (M±SD) | 235.4±54.1 | | 238.9±57.9 | | 231.8±50.1 | |
| Body Mass Index (M±SD) | 36.8±8.2 | | 37.5±8.8 | | 36.2±7.5 | |
| Obese (BMI≥30) | 166 | 79 | 82 | 77 | 84 | 81 |
| Very Severely Obese (BMI≥40) | 65 | 31 | 36 | 34 | 29 | 28 |
| Waist circumference in inches (M±SD) | 46.9±7.2 | | 47.8±7.5 | | 46.0±6.7 | |
| Average number of psychotropic medications (M±SD) | 2.05±1.10 | | 1.92±1.10 | | 2.06±1.08 | |
| Use of medications with high weight gain propensity ^b | 54 | 26 | 20 | 22 | 29 | 33 |
| Use of medications with medium weight gain propensity ^c | 88 | 42 | 49 | 46 | 39 | 38 |
| Use of medications with low weight gain propensity ^d | 46 | 22 | 27 | 26 | 19 | 18 |
| Risk of Hypertension ^e | 81 | 39 | 42 | 40 | 39 | 38 |
| Systolic Blood Pressure (M±SD) | 130.17±19.14 | | 131.97±17.70 | | 128.39±20.40 | |
| Elevated Systolic Blood Pressure ^f | 62 | 30 | 32 | 30 | 30 | 29 |
| Diastolic Blood Pressure (M±SD) | 81.88±12.03 | | 84.13±10.93 | | 79.65±12.69 | |
| Elevated Diastolic Blood Pressure ^g | 49 | 23 | 25 | 24 | 24 | 23 |
| Total Cholesterol (M±SD) | 174.88±46.50 | | 179.02±48.71 | | 170.64±43.96 | |
| Elevated Total Cholesterol ^h | 60 | 29 | 31 | 29 | 29 | 28 |
| HDL (M±SD) | 43.72±15.84 | | 44.55±16.02 | | 42.88±15.68 | |
| Low HDL ⁱ | 125 | 60 | 61 | 58 | 64 | 62 |
| LDL (M±SD) | 100.85±36.83 | | 104.94±35.80 | | 96.76±37.59 | |
| Elevated LDL ^j | 39 | 19 | 22 | 21 | 17 | 16 |
| Triglycerides (M±SD) | 163.94±112.65 | | 161.85±113.81 | | 166.05±111.98 | |
| Elevated Triglycerides ^k | 87 | 41 | 43 | 41 | 44 | 42 |

^aMeans were compared by t tests, and proportions were compared by chi square tests.

^bHigh weight gain propensity medications include: olanzapine, clozapine

^cMedium weight gain propensity medications include: haloperidol, risperidone, quetiapine, thioridazine, chlorpromazine, paroxetine, amitriptyline, divalproex, valproate, doxepin, lithium, carbamazepine, imipramine, gabapentin

^dLow weight gain propensity medications include: ziprasidone, perphenazine, fluphenazine, fluoxetine, bupropion, venlafaxine, molindone, lamotrigine, duloxetine, aripiprazole, fluvoxamine, trazodone, desipramine, loxapine, sertraline, escitalopram, clomipramine, nortriptyline, citalopram, paliperidone, topiramate, mirtazapine, lurasidone

^eRisk of hypertension was defined as systolic > 140 and diastolic > 90

^fElevated systolic blood pressure was defined as > 140

^gElevated diastolic blood pressure was defined as > 90

^hElevated cholesterol was defined as total cholesterol ≥ 200

ⁱLow HDL was defined as ≤ 40 in women and ≤ 50 in men

^jElevated LDL was defined as ≥ 130

^kElevated triglycerides was defined as ≥ 150

TABLE S2. Maintenance of Primary Weight and Fitness Outcomes, and Secondary Outcomes Between In SHAPE and Fitness Club Membership (FCM) Groups From 12 to 18 Months

| Outcome | Group | 12-Month | | 18-Month | | Group by Time Effect (12-18 Months) ^a | | |
|---|----------|----------|--------|----------|--------|--|-------|------|
| | | M | SD | M | SD | df | F | p |
| Primary Weight and Fitness Outcomes | | | | | | | | |
| Weight (lbs.) | In SHAPE | 226.5 | 48.8 | 228.7 | 53.0 | 1, 145 | .608 | .437 |
| | FCM | 239.6 | 61.9 | 234.1 | 62.4 | | | |
| Cardiorespiratory Fitness 6 MWT Distance (feet) | In SHAPE | 1385.3 | 275.4 | 1307.4 | 269.9 | 1, 133 | 2.605 | .109 |
| | FCM | 1247.3 | 319.4 | 1239.4 | 258.9 | | | |
| Secondary Outcomes | | | | | | | | |
| BMI | In SHAPE | 35.0 | 7.1 | 35.5 | 7.7 | 1, 145 | .850 | .358 |
| | FCM | 37.4 | 9.6 | 36.5 | 9.4 | | | |
| Waist Circumference (inches) | In SHAPE | 44.3 | 6.6 | 44.1 | 7.1 | 1, 147 | .724 | .396 |
| | FCM | 46.1 | 7.6 | 44.6 | 7.7 | | | |
| Exercise Minutes | In SHAPE | 99.8 | 135.0 | 130.2 | 204.3 | 1, 161 | .623 | .431 |
| | FCM | 148.9 | 224.3 | 124.6 | 250.8 | | | |
| IPAQ Total Vigorous Score (Log of MET min) | In SHAPE | 379.8 | 890.8 | 331.7 | 1110.5 | 1, 167 | .220 | .640 |
| | FCM | 433.7 | 1080.1 | 382.2 | 1938.4 | | | |
| Readiness to Change Dietary Behaviors | In SHAPE | 3.7 | 0.7 | 3.6 | 0.6 | 1, 154 | 5.150 | .025 |
| | FCM | 3.4 | 0.6 | 3.6 | 0.6 | | | |
| Secondary Dietary Behavior Outcomes | | | | | | | | |
| Total calories ^b | In SHAPE | 1893 | 907 | 1704 | 835 | 1, 143 | .111 | .740 |
| | FCM | 1787 | 967 | 1681 | 839 | | | |
| % calories fat ^b | In SHAPE | 37.9 | 7.6 | 36.6 | 7.3 | 1, 147 | .028 | .867 |
| | FCM | 36.8 | 7.9 | 35.9 | 8.2 | | | |
| % calories sweets ^b | In SHAPE | 9.7 | 10.8 | 12.1 | 13.1 | 1, 149 | 1.177 | .280 |
| | FCM | 9.7 | 10.0 | 9.8 | 11.6 | | | |
| Fruit servings/day ^b | In SHAPE | 1.3 | 0.9 | 1.2 | 1.0 | 1, 140 | .043 | .836 |
| | FCM | 1.3 | 1.0 | 1.2 | 1.0 | | | |

| | | | | | | | | |
|--|-----------------|-------|-------|-------|------|--------|-------|------|
| Veg. servings/day ^b | In SHAPE | 3.6 | 2.8 | 3.0 | 2.6 | 1, 138 | 3.408 | .067 |
| | FCM | 3.3 | 3.4 | 3.7 | 4.0 | | | |
| Secondary Blood Pressure and Serum Lipid Outcomes | | | | | | | | |
| Systolic Blood Pressure | In SHAPE | 130.6 | 17.3 | 135.1 | 22.9 | 1, 157 | .526 | .469 |
| | FCM | 130.3 | 18.2 | 132.5 | 18.9 | | | |
| Diastolic Blood Pressure | In SHAPE | 80.0 | 12.2 | 83.1 | 15.2 | 1, 154 | 7.718 | .006 |
| | FCM | 84.4 | 11.4 | 80.7 | 11.9 | | | |
| Total Cholesterol | In SHAPE | 166.3 | 42.8 | 165.3 | 40.0 | 1, 151 | .018 | .894 |
| | FCM | 172.9 | 42.7 | 174.4 | 43.2 | | | |
| HDL | In SHAPE | 49.2 | 17.2 | 50.5 | 19.2 | 1, 148 | .123 | .726 |
| | FCM | 48.4 | 17.2 | 51.5 | 20.2 | | | |
| LDL | In SHAPE | 89.8 | 34.9 | 88.6 | 30.6 | 1, 130 | .115 | .735 |
| | FCM | 96.8 | 34.8 | 94.3 | 33.3 | | | |
| Triglycerides | In SHAPE | 156.1 | 108.0 | 156.1 | 94.3 | 1, 154 | .399 | .528 |
| | FCM | 158.3 | 103.9 | 144.5 | 97.7 | | | |

^aMeans shown in table consist of raw (unadjusted) means.

^bBlock Food Frequency Questionnaire

FIGURE S1. Study CONSORT Diagram

