**Table supplementary 1. Demographic, clinical and laboratory data, physical tests and health-related quality of life questionnaire separated by chronic kidney disease stages.**

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| --- | --- | --- | --- | --- | --- |
| Variables | 3A  (n = 31) | 3B  (n = 53) | 4  (n = 30) | 5  (n = 21) | *P*-value |
| Age (years) | 68 (9.0) | 69 (12.0) | 63 (16) | 64 (35) | 0.307 |
| Male, *n* (%) | 23 (74.2) | 33 (62.3) | 13 (43.3) | 9 (42.9) | 0.039 |
| Education level (years) | 6.5 (7.0) | 4 (7.0) | 4 (8) | 4 (4) | 0.083 |
| Family income (USD/month) | 283.17 (337.7) | 297 (198.0) | 396 (198) | 396 (281.4) | 0.134 |
| Current smoking, *n* (%) | 3 (9.7) | 3 (5.7) | 4 (13.3) | 0 | 0.298 |
| Current alcohol use, *n* (%) | 9 (29.0) | 9 (17.0) | 5 (16.7) | 3 (14.3) | 0.390 |
| Body mass index (kg/m2) | 26.7 (6.2) | 28.3 (6.9) | 28.6 (4.7) | 32.0 (9.0) | 0.783 |
| Systolic blood pressure (mm Hg) | 138 (26) | 132 (28) | 140 (24) | 146 (30) | 0.351 |
| Diastolic blood pressure (mm Hg) | 80 (14) | 80 (12) | 90 (20) | 90 (20) | 0.192 |
| *Comorbidities, n (%)* |  |  |  |  |  |
| Hypertension | 30 (96.8) | 52 (98.1) | 30 (100) | 21 (100) | 0.689 |
| Diabetes | 16 (51.6) | 30 (56.6) | 15 (50.0) | 7 (33.3) | 0.350 |
| Cardiovascular diseases | 5 (16.1) | 11 (20.8) | 8 (26.7) | 1 (4.8) | 0.236 |
| Hemoglobin (g/dL) | 14.1 ± 2.4 | 13.4 ± 1.6 | 12.3 ± 2.4 | 11.0 ± 1.0 | <0.001 |
| Glucose (mg/dL) | 94.0 (31.2) | 102.0 (10.5) | 89.0 (28.0) | 90.0 (33.0) | 0.550 |
| Total cholesterol (mg/dL) | 177.0 ± 44.7 | 163.1 ± 35.8 | 186.3 ± 70.7 | 183.7 ± 40.4 | 0.709 |
| Triglycerides (mg/dL) | 158.5 (106.5) | 127.5 (61.7) | 121.0 (70.0) | 126.0 (55.0) | 0.045 |
| High-density lipoprotein (mg/dL) | 40.0 (15.7) | 39.5 (14.5) | 42.0 (28.0) | 41.0 (17.0) | 0.872 |
| Low-density lipoprotein (mg/dL) | 117.4 ± 47.1 | 106.7 ± 35.4 | 129.5 ± 59.9 | 117.6 ± 32.6 | 0.628 |
| Creatinine (mg/dL) | 1.4 (0.3) | 1.8 (0.5) | 2.3 (0.9) | 4.4 (1.3) | <0.001 |
| eGFR (mL/min/1.73 m2) | 51.5 ± 4.3 | 34.6 ± 3.8 | 22.4 ± 4.6 | 10.4 ± 2.9 | <0.001 |
| *Physical tests* |  |  |  |  |  |
| 6MWT (m) | 445.4 ± 73.7 | 404.3 ± 73.3 | 376.4 ± 72.9 | 370.2 ± 81.1 | 0.004 |
| 6MWT (% of predicted) | 81.1 ± 12.6 | 75.4 ± 15.0 | 72.9 ± 13.6 | 68.8 ± 12.8 | 0.014 |
| 10 repetition sit-to-stand test time (s) | 31.6 ± 7.5 | 29.1 ± 7.4 | 32.5 ± 10.3 | 36.0 ± 8.3 | 0.145 |
| *SF-36 health-related quality of life questionnaire* |  |  |  |  |  |
| Physical component summary | 47.9 ±11.1 | 47.7 ± 8.2 | 45.7 ± 9.4 | 43.0 ± 8.9 | 0.513 |

Data are mean ± SD or median (interquartile range) for parametric and non-parametric data, respectively.

eGFR = estimated glomerular filtration rate.

6MWT = six-minute walk test.