

**Supplementary Table 1.** Baseline characteristics (n=443)

Characteristic	Value
Men	255 (57.6)
Age (yr)	65±8
Hypertension	227 (51.2)
Diabetes	25 (5.6)
Hyperlipidemia	168 (37.9)
Tobacco	
Non-smoker	371 (83.7)
Smoker	60 (13.5)
Ex	12 (2.7)
Alcohol (>78 g/wk)	108 (24.4)
Vascular disease (myocardial infarction, complex aortic plaque and peripheral artery disease)	11 (2.5)
Congestive heart failure	5 (1.1)
Renal insufficiency	6 (1.4)
Atrial fibrillation type	
Paroxysmal	366 (83)
Persistent	27 (6.1)
Permanent	48 (10.9)
Antiplatelet therapy	330 (74.5)
Antiarrhythmics	242 (54.6)
Mediterranean diet adherence	
Very low	26 (5.9)
Low	119 (26.9)
Moderate	258 (58.2)
High	40 (9)
Physical activity	
Low	121 (27.3)
Moderate	156 (35.2)
High	166 (37.5)
Healthy profile	121 (27.3)

Values are presented as number (%) or mean±standard deviation.