**Table 2:** Comparison between persons interested in Group Strength Training and not interested.

|  |  |  |  |
| --- | --- | --- | --- |
| **Item** | **Interest****N = (%)** | **No Interest****N = (%)** | **P-value** |
| Age (Years) | 51.6 (SD = 14.8) | 51.5 (SD = 16.3) | 0.95 |
| 18-44 | 57 (48.7%) | 60 (51.3%) |  |
| 45-54 | 36 (46.2%) | 42 (53.9%) |  |
| 55-64 | 47 (57.3%) | 35 (42.7%) |  |
| ≥ 65 | 35 (48.0%) | 38 (52.1%) |  |
| Female | 155 (88.1%) | 127 (73.0%) | 0.0004† |
| Caucasian | 150 (85.2%) | 153 (87.4%) | 0.55 |
| Hispanic | 14 (8.0%) | 16 (9.4%) | 0.63 |
| Current Smoker | 26 (44.1%) | 33 (55.9%) | 0.28 |
| *Level of Education* |  |  | 0.11 |
| < High School | 6 (28.6%) | 15 (71.4%) |  |
| High School | 49 (45.8%) | 58 (54.2%) |  |
| Some College | 61 (55.5%) | 49 (44.6%) |  |
| College or Higher | 56 (51.9%) | 52 (41.2%) |  |
| BMI (kg/m2) | 31.1 (SD = 7.9) | 29.7 (SD = 8.1) | 0.10 |
| ≤ 25 | 39 (42.9%) | 52 (57.1%) |  |
| 25-30 | 46 (51.7%) | 43 (48.3%) |  |
| >30 | 84 (56.0%) | 66 (44.0%) |  |
| *Comorbidities* |  |  |  |
| Diabetes | 25 (56.8%) | 19 (43.2%) | 0.44 |
| High Cholesterol | 66 (56.4%) | 51 (43.6%) | 0.17 |
| Hypertension | 72 (53.7%) | 62 (46.3%) | 0.42 |
| Coronary Artery Disease | 13 (40.6%) | 19 (59.4%) | 0.22 |
| Fibromyalgia | 38 (48.7%) | 40 (51.3%) | 0.78 |
| *Days of Aerobic Exercise/Week* | 2.3 (SD = 2.2) | 2.0 (SD = 2.3) | 0.63 |
| 0 (%) | 55 (46.6%) | 63 (53.4%) |  |
| 1-3 (%) | 66 (51.6%) | 62 (48.4%) |  |
| 4-7 (%) | 47 (54.7%) | 39 (45.4%) |  |
| *Days of Strength Exercise/Week* | 1.4 (SD = 2.0) | 1.4 (SD = 2.1) | 1.00 |
| 0 (%) | 94 (48.7%) | 99 (51.3%) |  |
| 1-3 (%) | 51 (56.0%) | 40 (44.0%) |  |
| 4-7 (%) | 22 (44.9%) | 27 (55.1%) |  |
| *Physical Activity* |  |  | 0.28 |
| None | 42 (46.2%) | 49 (53.9%) |  |
| 1+ Days/Week | 130 (52.9%) | 116 (47.2%) |  |
| *General Health Rating* |  |  | 0.16 |
| Excellent (%) | 2 (20.0%) | 8 (80.0%) |  |
| Very Good (%) | 30 (45.5%) | 36 (55.6%) |  |
| Good (%) | 63 (53.9%) | 54 (46.2%) |  |
| Fair (%) | 64 (53.8%) | 55 (46.2%) |  |
| Poor (%) | 13 (40.6%) | 19 (59.4%) |  |
| *Days of Poor Physical Health/Month* | 13.7 (SD = 10.0) | 13.0 (SD = 10.8) | 0.96 |
| 0 (%) | 18 (40.9%) | 26 (59.1%) |  |
| 1-9 (%) | 39 (49.4%) | 40 (50.6%) |  |
| ≥ 10 (%) | 108 (54.6%) | 90 (45.5%) |  |
| *Days of Poor Mental Health/Month* | 9.8 (10.6) | 9.4 (10.7) | 0.99 |
| 0 (%) | 51 (47.7%) | 56 (52.3%) |  |
| 1-9 (%) | 43 (55.8%) | 34 (44.2%) |  |
| ≥ 10 (%) | 74 (52.1%) | 68 (47.9%) |  |

†*P* < 0.05.