Supplemental table 1: Frequency of exercise by participant-reported MS course at “Initial” interview

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| **Participant-reported exercise level** | **RRMS (N=63**a**)** | | | | **Progressive/Other MS (N=29**b**)** | | | |
| Number of times per week | | | | Number of times per week | | | |
| 0 | 1-3 | 4-7 | 8 + | 0 | 1-3 | 4-7 | 8 + |
| N (%) | N (%) | N (%) | N (%) | N (%) | N (%) | N (%) | N (%) |
| “Light” | 7 (11.1) | 20 (31.7) | 26 (41.3) | 10 (15.9) | 8 (27.6) | 7 (24.1) | 13 (44.8) | 1 (3.4) |
| “Moderate” | 33 (52.4) | 14 (22.2) | 12 (19.0) | 4 (6.3) | 16 (55.2) | 10 (34.5) | 3 (10.3) | 0 |
| “Vigorous” | 48 (76.2) | 10 (15.9) | 4 (6.3) | 1 (1.6) | 21 (72.4) | 4 (13.8) | 4 (13.8) | 0 |

a Exclude 2 RRMS cases that had repeat venoplasty therapy during the study period.

b Exclude 8 cases who “Don’t know” their MS course.