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

|  |  |  |
| --- | --- | --- |
| **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.