Supplemental table 4: Participant-reported frequency of exercise (N=81a)

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Participant-reported exercise level** | **Initial Interview** | | | | **6-month FU** | | | | **12-month FU** | | | |
| Number of times per week | | | | Number of times per week | | | | Number of times per week | | | |
| 0 | 1-3 | 4-7 | 8 + | 0 | 1-3 | 4-7 | 8 + | 0 | 1-3 | 4-7 | 8 + |
| “Light” | 13.6% | 30.9% | 43.2% | 12.3% | 13.6% | 32.1% | 45.7% | 8.6% | 22.2% | 21.0% | 49.4% | 7.4% |
| “Moderate” | 51.9% | 25.9% | 17.3% | 4.9% | 48.1% | 32.1% | 19.8% | 0.0% | 37.0% | 34.6% | 24.7% | 3.7% |
| “Vigorous” | 71.6% | 17.3% | 9.9% | 1.2% | 66.7% | 22.2% | 11.1% | 0.0% | 70.4% | 17.3% | 11.1% | 1.2% |

a Exclude 2 cases that did not report the frequencies of exercise levels in all 3 interviews.