**Appendix File 3. Physical activity level**

|  |  |  |  |
| --- | --- | --- | --- |
| **Characteristics** | **Strength training**  | **Cycling**  | **Usual care**  |
| **BASELINE** |  |  |  |
| Sessions per week\*, n (%)* None
* <1 session per week
* One session per week
* 2-3 sessions per week
* Daily sessions
 | 4 (7)8 (15)10 (19)27 (50)5 (9) | 1 (2)11 (21)11 (21)17 (32)13 (25) | 5 (9)6 (11)15 (28)22 (41)6 (11) |
| Most frequent activity type\*\** Walking
* Cycling
* Strength training
* Other (skiing, golf, aerobic, soccer)
 | 26 (54)11 (23)4 (8)7 (15) | 31 (61)13 (25)5 (10)2 (4) | 26 (53)16 (33)3 (6)4 (8) |
| Intensity per session\** Easy
* Hard (breathing and sweating)
* Extremely hard (until exhaustion)
 | 14 (29)33 (69)1 (2) | 26 (50)25 (48)1 (2) | 25 (50)25 (50)0 |
| Duration per session\*\** Less than 15 minutes
* 16-30 minutes
* 30 minutes to 1 hour
* More than 1 hour
 | 2 (4)9 (19)29 (60)8 (17) | 1 (2)9 (17)35 (67)7 (14) | 1 (3)14 (28)27 (54)8 (16) |
| Physical activity level index (0-15), median (min-max) | 1.9 (0-7.5) | 3.8 (0-10) | 1.9 (0-7.5) |
| **4 months** |  |  |  |
| Sessions per week\*, n (%)* None
* <1 session per week
* One session per week
* 2-3 sessions per week
* Daily sessions
* Missing
 | 1 (2)3 (6)2 (4)36 (74)7 (14)5 | 04 (9)6 (14)21 (50)11 (26)11 | 1 (2)6 (13)10 (22)21 (47)7 (16)9 |
| Most frequent activity type\*\** Walking
* Cycling
* Strength training
* Other (skiing, golf, aerobic, soccer)
* Missing
 | 15 (28)11 (20)15 (28)6 (14)7  | 17 (40)19 (44)4 (9)3 (7)10 | 20 (47)13 (30)7 (16)3 (7)11 |
| Intensity per session\** Easy
* Hard (breathing and sweating)
* Extremely hard (until exhaustion)
* Missing
 | 13 (28)32 (68)2 (4)7 | 11 (26)28 (67)3 (7)11 | 18 (42)25 (58)011 |
| Duration per session\*\** Less than 15 minutes
* 15-30 minutes
* 30 minutes to 1 hour
* More than 1 hour
* Missing
 | 04 (8)34 (72)9 (19)7 | 010 (19)24 (57)8 (19)11 | 012 (28)23 (54)8 (19)11 |
| Physical activity level index (0-15), median (min-max) | 3.75 (0-10) | 3.75 (0.4-11.2) | 1.89 (0-7.5) |
| **1 year** |  |  |  |
| Sessions per week\*, n (%)* None
* <1 session per week
* One session per week
* 2-3 sessions per week
* Daily sessions
* Missing
 | 04 (9)7 (16)25 (57)8 (18)10 | 1 (3)3 (8)10 (26)16 (41)9 (23)14 | 04 (10)11 (27)19 (46)7 (17)13 |
| Most frequent activity type\*\** Walking
* Cycling
* Strength training
* Other (skiing, golf, aerobic, soccer)
* Missing
 | 20 (47)7 (16)13 (30)3 (7)11 | 15 (41)13 (35)7 (19)2 (5)16 | 17 (42)11 (28)5 (12)7 (18)14 |
| Intensity per session\** Easy
* Hard (breathing and sweating)
* Extremely hard (until exhaustion)
* Missing
 | 14 (33)29 (67)011 | 6 (17)27 (75)3 (8)17 | 23 (57)16 (40)1 (3)14 |
| Duration per session\*\** Less than 15 minutes
* 16-30 minutes
* 30 minutes to 1 hour
* More than 1 hour
* Missing
 | 3 (7)9 (21)25 (57)7 (16)10 | 08 (21)22 (58)8 (21)15 | 2 (5)7 (18)23 (58)8 (20)14 |
| Physical activity level index (0-15), median (min-max) | 2.5 (0.1-10) | 3.75 (0-11.3) | 1.89 (0.1-5.0) |

\*data had missing values, \*\*some participants had no sessions per week. Physical activity level index were calculated based on sessions per week, intensity and duration using a formula reported by Kurtze et al. 2008: Reliability and validity of self-reported physical activity in the Nord-Trøndelag Health Study –HUNT 1. Scand J Public Health 2008 36:52. DOI 10.1177/1403494807085373.