

**Supplementary Table 1:** American College of Sports Medicine's (ACSM) guidelines for aerobic exercise testing and prescription.[22]

<b>Domain</b>	<b>Moderate Intensity</b>	<b>Vigorous Intensity</b>
<b>Frequency</b>	5x/wk to total 150-300 mins/wk	3x/wk to total 75-150 mins/wk
<b>Intensity</b>	- HR <sub>max</sub> : 64-76% - HRR: 40-60% - VO <sub>2max</sub> : 46-63% - RPE: 5-6 - METs: 3-5.9	- HR <sub>max</sub> : 77-95% - HRR: 60-85% - VO <sub>2max</sub> : 63-90% - RPE: 7-8 - METs: ≥6
<b>Time</b>	30-60 mins/day in bouts of at least 10 mins each	20-30 mins/day of continuous activity
<b>Type</b>	Any modality that does not impose excessive orthopedic stress; walking is the most common type of activity. Aquatic exercise and stationary cycle exercise may be advantageous for those with limited tolerance for weight bearing activity.	

HR<sub>max</sub>; maximum heart rate, HRR; heart rate reserve, VO<sub>2max</sub>; maximal aerobic capacity, RPE; rate of perceived exertion (on a scale of 1-10), METs; metabolic equivalents.