

Appendix 4. Aerobic exercise training modalities reported by sites (n=235)

Aerobic Exercise Modality	Number of Programs (%)
Cycling	216 (91.9)
Walking (not on treadmill)	193 (82.1)
Treadmill	184 (78.3)
Arm Ergometer	148 (63.0)
Stairs/Stepper	136 (57.9)
Rower	65 (27.7)
Cross-trainer	48 (20.4)
Games (e.g. Ball Games)	20 (8.5)
Pool exercise/aerobics	8 (3.4)
Swimming	2 (0.9)
<i>Other</i>	9 (3.8)

**Other modalities added as additional text entries: mini-tramp (n=7), Zorba dancing (n=1), boxing (n=1)*