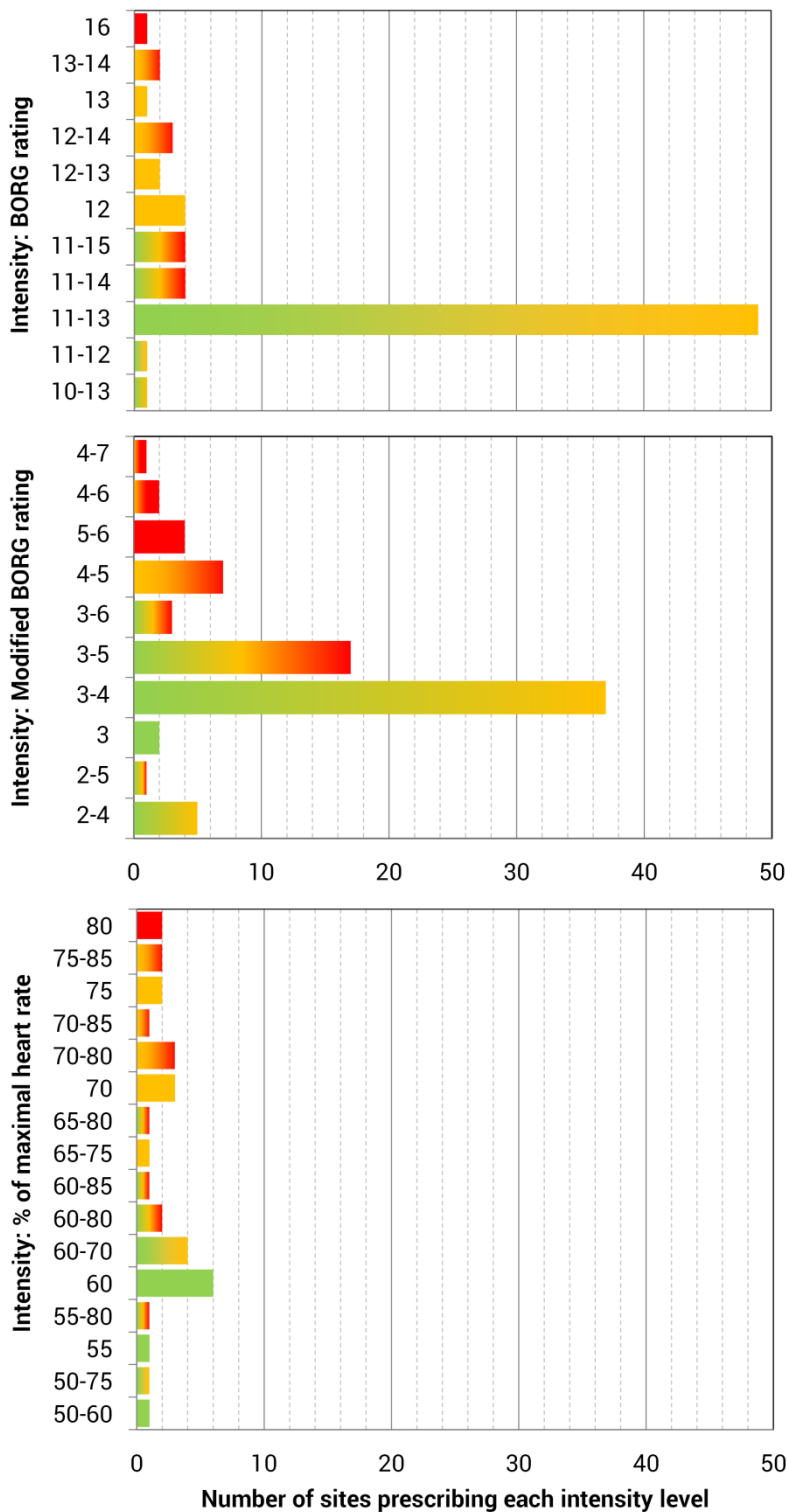


Appendix 5.



Frequency counts of exercise intensities routinely prescribed in programs (n=194) grouped (a) to (c) by method/scale. The colour of the bar represents the corresponding level of intensity (green= low; yellow= moderate; red = high, e.g. green and yellow bars represent low to moderate intensity programs). Intensity levels are based on new classifications by the American College of Sports Medicine [50]. i.e. low intensity = 50-63%*mHR*, moderate intensity= 64-76%*mHR*, high intensity= >76%*mHR*.