Appendix A

6-level scale for physical activity

1.	Hardly no physical activity
2.	Mostly sitting, sometimes a walk, easy gardening or similar tasks, sometimes light household activities such as heating up food, dusting, or "clearing away"
3.	Light physical exercise for about 2-4 hours a week, e.g. walks, fishing, dancing, ordinary gardening etc., including walks to and from shops. Main responsibility for light domestic work such as cooking, dusting, "clearing away", and making beds. Performs or takes part in weekly cleaning
4.	Moderate exercise 1-2 hours a week, e.g. jogging, swimming, gymnastics, heavier gardening, home repair or easier physical activities more than 4 hours a week. Responsible for all domestic activities, easy as well as heavy. Weekly cleaning with vacuum cleaning, washing floors and window-cleaning
5.	Moderate exercise at least 3 hours a week, e.g. tennis, swimming, jogging etc.
6.	Hard or very hard exercise regularly and several times a week, during which physical exertion is great, e.g. jogging, skiing

Appendix B

Supplementary table. Univariate logistic regression analysis between predictors and outcome variable of physical activity level one year after stroke

Predictor variables	Mostly inactive (grade 1-2)		Low PA (grade 1-3)	
	Wald	p-value	Wald	p-value
Age	14.018	<0.001	16.483	<0.001
Gender	0.001	0.970	0.518	0.472
Ischemic/hemorrhagic	1.274	0.259	1)	1)
Smoking	1)	1)	1.083	0.298
Shared living	1.918	0.166	4.597	0.032
Treatment for high blood pressure	1.487	0.223	1)	1)
NIHSS	3.946	0.061	1.588	0.208
ARAT	9.545	0.002	10.023	0.002
mRS	11.902	0.001	9.512	0.002
Pre-stroke PA	11.755	0.001	6.669	0.010

1)= not applicable due to too small subgroups for analysis.
P-Value for significance set for 0.25
Abbreviations: NIHSS=National Institute of Health Stroke Scale, mRS=modified Rankin Scale, ARAT=Action Research Arm Test, PA=Physical Activity.