

Week no.	-2	-1	Baseline assessment	1	2	3	4	5	6	7	8	9	10	11	12	Post-intervention assessment	13
<b>Cardiorespiratory fitness</b>			X													X	
<b>Post-stroke fatigue</b>			X													X	
<b>Chronic stress</b>			X													X	
<b>Depression</b>			X													X	
<b>Mental well-being</b>			X													X	
<b>Cognition</b>			X													X	
<b>Endothelial function and arterial stiffness</b>			X													X	
<b>Blood pressure</b>			X													X	
<b>Biomarkers</b>			X													X	
<b>BMI</b>			X													X	
<b>AX3, recording 8 days from assessment</b>			→														→
<b>PAS2, questionnaire returned on assessment visit, reporting average physical activity for the past two weeks</b>	←													←			

**Figure S2. Time schedule for study assessments.**

AX3: an accelerometer measuring activity patterns for everyday physical activity.

PAS2: Physical Activity Scale version 2.1 - a self-reported questionnaire of average time spent on everyday physical activity at different intensities.