

**OnlineTable. Exercise and physical data per individual in the exercise group**

Case No.	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	mean
<b>Patient characteristics</b>																								
Sex (M/F)	M	F	M	F	F	F	F	F	M	F	F	F	M	F	M	M	F	M	M	F	M	M	F	-
Age	46	49	46	31	50	55	63	49	51	47	53	36	51	34	48	48	63	68	40	35	39	40	40	-
Specific situation*	-	-	R	S	-	-	-	T	-	T	U	-	V	-	W	-	-	X	-	-	Y	Z	-	-
Epilepsy	Yes	Yes	Yes	Yes	No	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	-
AED	Yes	No	Yes	Yes	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	No	No	-
<b>Physical exercise program</b>																								
Type of sport#	C	M	R	M	M	C	M	M	C	C	C	M	M	C	M	M	M	M	M	M	M	S	M	-
Duration of intervention (weeks)	25	23	15	10	25	25	25	24	24	24	18	23	25	24	23	25	24	25	25	25	11	23	24	22
Attended training-days	75	69	43	23	74	47	72	39	65	28	27	63	46	68	28	67	70	60	67	58	27	36	65	53
Adherence	100	100	96	77	99	63	96	54	90	39	50	91	61	94	41	89	97	80	89	77	82	52	90	79
Total training time (min)	2908	3144	1542	855	2938	3109	2922	2567	2514	633	575	2995	8056	3643	2688	3666	3426	2759	5211	2083	1646	1599	4449	2866
Average intensity (% of MHR)	77	87	84	72	78	75	72	77	76	71	75	71	79	73	69	84	78	75	68	77	77	72	74	76
Overall exercise performance™	A	A	A	A	A	B	A	C	A	C	C	A	B	A	C	A	A	A	A	A	A	B	A	-
<b>Self-reported physical activity, categorical<sup>o</sup></b>																								
• Baseline	2	3	3	3	2	2	2	3	3	3	2	3	3	3	3	3	2	3	2	1	2	3	3	-
• 6 months	3	3	3	NA	2	NA	3	3	3	3	2	3	3	3	3	3	3	3	3	2	NA	3	3	-
• Change, absolute	+1	0	0	NA	0	NA	+1	0	0	0	0	0	0	0	0	0	+1	0	+1	+1	NA	0	0	-
<b>Weight, kg</b>																								
• Baseline	103	77	87	69	104	93	65	95	80	97	76	76	103	73	84	93	79	79	77	95	84	76	86	85
• 6 months	102	77	90	NA	101	89	66	95	77	97	NA	75	NA	73	83	91	79	77	73	91	NA	74	87	84
• Change, absolute	-1	0	+3	NA	-3	-4	+1	0	-3	0	NA	-1	NA	0	-1	-2	0	-2	-4	-4	NA	-2	+1	-1
<b>BMI, kg/m<sup>2</sup></b>																								
• Baseline	28.8	27.3	26.4	24.4	34.0	31.3	22.0	30.7	25.0	31.0	25.4	25.7	31.1	27.4	25.9	28.4	27.3	24.2	25.7	30.3	26.8	23.5	25.4	27.3
• 6 months	28.6	27.3	27.3	NA	33.0	29.9	22.3	30.7	24.0	31.0	NA	25.4	NA	27.5	25.6	27.8	27.3	23.6	24.4	29.0	NA	22.8	25.7	27.0
• Change, absolute	-0.2	0	+0.9	NA	-1.0	-1.3	+0.3	0	-1.0	0	NA	-0.3	NA	0	-0.3	-0.6	0	-0.6	-1.3	-1.4	NA	-0.6	+0.3	-0.3
<b>VO<sub>2</sub>peak Absolute, ml/min</b>																								
• Baseline	3193	1540	3040	1696	1854	1483	1150	2157	2495	1443	1564	1952	3857	2194	2386	3606	1375	2399	2900	2011	2768	2148	2586	2252
• 6 months	3907	1946	3133	NA	2006	1567	1219	2020	3012	1645	NA	2056	NA	2342	1953	3896	1495	2078	2860	2370	NA	2197	2741	2339
• Change, absolute	+714	+406	+93	NA	+152	+84	+69	-63	+517	+202	NA	+102	NA	+148	-433	+290	+120	-321	-40	+359	NA	+49	+155	+133
• % Change	+22.4	+26.4	+3.1	NA	+8.2	+5.7	+6.0	-2.9	+20.7	+14.0	NA	+5.2	NA	+6.7	-18.1	+8.0	+8.7	-13.4	-1.4	+17.9	NA	+2.3	+6.0	+5.9
<b>VO<sub>2</sub>peak Relative, ml/kg/min</b>																								
• Baseline	31.0	20.0	34.9	24.6	17.8	16.0	17.7	22.7	31.2	14.9	20.6	25.7	37.5	30.1	28.4	38.8	17.4	30.4	37.7	21.2	33.0	28.3	30.1	26.5
• 6 months	38.3	25.0	34.8	NA	19.9	17.6	18.5	21.3	39.1	17.0	NA	27.4	NA	32.1	23.5	42.8	18.9	27.0	39.2	26.6	NA	29.7	31.6	27.9
• Change, absolute	+7.3	+5.0	-0.1	NA	+2.1	+1.6	+0.8	-1.4	+7.9	+2.1	NA	+1.7	NA	+2.0	-4.9	+4.0	+1.5	-2.6	+1.5	+5.4	NA	+1.4	+0.5	+1.9
• % Change	+23.5	+25.0	0.0	NA	+11.8	+8.9	+4.5	-6.2	+25.3	+6.7	NA	+6.6	NA	+6.7	-17.2	+10.3	+8.6	-8.6	+4.0	+25.5	NA	+4.9	+1.7	+7.2

\*Specific situation: R= shorter intervention due to progressive disease, but performed exercise test; S= drop-out due to extreme fatigue; T=low adherence due to lack of time/motivation; U=shorter intervention and missing follow-up exercise test due to progressive disease; V= missing follow-up exercise test data due to lack of time/motivation for exercise test; W= low adherence due to family/psychosocial problems; X= follow-up exercise test: pain due to knee osteoarthritis; Y=decreased frequency of exercise sessions due to continuing frequent epileptic seizures; shorter intervention and missing follow-up exercise test due to progressive disease; Z=low adherence due to ear ache (medical advice not to swim).

AED: anti-epileptic drugs; MHR: maximum heart rate; NA= not available

#Type of sport: C=cycling; R=running/walking; S=swimming; M=multiple sports; ™Overall exercise performance: A=excellent/good; B=adequate; C= inadequate; <sup>o</sup>Physical activity categories: 1= low (<600 MET\*min/week); 2=moderate (600-1,499 MET\*min/week); 3=high (≥1,500 MET\*min/week) [19, 18]

**Online Box. Quotes of patients of the exercise group**

*"This is the first week since my diagnosis that I feel really fit during the whole day. My husband noticed it as well. It feels really... pleasurable."*

*"My friends are still surprised about my change of lifestyle. A day without my routine bike trip feels as an incomplete day."*

*"I find the heartrate watch is difficult to use, which frustrates me."*

*"Both the website, where you can see a summary of your training logs, and the fact that someone is keeping an eye on you, worked very motivating."*