

Table S4. Patient characteristics and significant baseline differences between adherent and non-adherent exercisers.

	Adh. EX	Non-adh. EX	p-value
Patient characteristics			
N	35	71	-
Sex [f:m, n]	27:8	62:9	.179
Age [mean \pm SD]	52.1 \pm 10.9	52.9 \pm 11.5	.752
BMI [mean \pm SD]	26 \pm 5.1	26.7 \pm 5.2	.573
Married [n (%)]	29 (74%)	52 (85%)	.245
Completed university [n (%)]	16 (30%)	21 (47%)	.088
Breast cancer [n (%)]	25 (71%)	52 (73%)	.844
Stage III/IV [n (%)]	12 (36%)	24 (35%)	.875
EORTC QLQ C30 [baseline values, mean \pm SD]			
Physical functioning	91.8 \pm 15.4	88.1 \pm 13.6	.024 *
Cognitive functioning	88.2 \pm 21.1	78.6 \pm 20.9	.007 *
Fatigue	21.4 \pm 23.7	36.0 \pm 26.2	.004 *
Insomnia	24.5 \pm 28.8	43.8 \pm 34.3	.006 *

We tested all primary and secondary outcome variables, but only the significant differences are shown besides patient characteristics. Abbreviations: ahd., adherent; EX, exercisers.