

Supplementary File 3. Excluded consensus statements, with associated levels of (dis)agreement.

Statement	Agree <i>n</i> (%)	Do Not Agree <i>n</i> (%)	Abstain <i>n</i> (%)
Health Benefits of Physical Activity and Exercise in CF – How does changing these factors benefit people with cystic fibrosis?			
1 Physical activity and exercise can slow the rate of decline of lung function in people with cystic fibrosis.	26 (68)	8 (21)	4 (11)
2 Improved glycaemic control with low incidence of risks such as hypoglycaemic events may be achieved, by people with cystic fibrosis-related dysglycaemia, by participating in moderate intensity activity or exercise.	25 (66)	6 (16)	7 (18)
3 Exercise interventions may modulate inflammation associated with muscle insulin sensitivity and bacterial infection.	25 (66)	3 (8)	10 (26)
4 There is currently very little evidence for the impact of physical activity or exercise on mental wellbeing, depression, and anxiety among people with cystic fibrosis; however, studies exploring the issue are generally low quality.	26 (68)	5 (13)	7 (18)
Clinical Considerations for Physical Activity and Exercise in CF – What must we also consider when prescribing activity and exercise for people with cystic fibrosis?			
5 A high-calorie, high-fat, well-balanced meal two to three hours before rigorous activity should be encouraged, along with a small carbohydrate snack about sixty minutes before exercise. At least two hours after physical activity, a full meal rich in carbohydrates should be acquired to replenish energy balance.	19 (50)	8 (21)	11 (29)
Future Directions for Physical Activity and Exercise in CF			
6 Future research should examine:			
a. Whether certain exercise modalities and/or intensities have beneficial effects upon physical and mental health.	a) 28 (74)		