

## Appendix I – Comparison of the Online and In-Person Delivery of EXCEL

<b>Domain/Outcome</b>	<b>Online Fitness Assessment</b>	<b>In-Person Fitness Assessment</b>
Balance	Single-Leg Stance	Single-Leg Stance
Musculoskeletal Fitness	<i>30-Second Sit-to-Stand</i>	<i>30-Second Sit-to-Stand &amp; Handgrip Strength</i>
Aerobic Endurance	<i>Two-Minute Step Test</i>	<i>6-Minute Walk Test</i>
Lower Body Flexibility	Chair Sit-and-Reach	Traditional Sit-and-Reach
Shoulder Range of Motion	Shoulder Flexion	Shoulder Flexion

Fitness assessments that occur as part of the online delivery of EXCEL are described within the body of the main text. Here we provide further descriptions of fitness assessments that differ for in-person assessments.

Specifically, we provide descriptions for the Handgrip Strength, 6-Minute Walk Test, and the traditional Sit and Reach completed with a flexometer. Furthermore, in-person assessments take place in a group format, completed during the first and final week of the 12-week exercise intervention.

*Handgrip Strength*

A hand-held dynamometer is used to assess muscular strength. Participants are instructed to hold the dynamometer in line with their forearm and level with their thigh. Prior to beginning, participants are instructed to not swing their arm, bend their elbow, or bend their wrist to prevent their arm or dynamometer from coming into contact with their body or any other object during the assessment. The assessment begins by telling participants to take a deep breath squeeze the dynamometer as hard as they can for two to three seconds while exhaling. Hands are alternated after each assessment and a total of two trials are completed for each hand. The highest score, recorded to the nearest 0.5 kilogram, is recorded for each hand.

*6-Minute Walk Test*

The purpose of the 6-minute walk test (6MWT) is to assess aerobic fitness. Participants complete the 6MWT on a flat surface that is a minimum of 20 meters in length. Participants are instructed to walk the course as fast as possible without running in an effort to cover the greatest distance possible within the six-minute timeframe. On a “ready-set-go” cue, participants begin the assessment, and the assessor records the number of laps that are completed. Rate of perceived exertion (RPE; 1-10) is recorded at the two, four, and six-minute marks. During the

assessment, participants are allowed to rest if they need to, though the six-minute timer does not stop. At the conclusion of the assessment, participants are allowed a cool-down (i.e., light walking) and the final distance is calculated and recorded in meters.

#### *Traditional Sit-and-Reach*

The traditional sit-and-reach assessment is used to measure the flexibility in the hamstrings and lower back with a flexometer. Participants are first instructed to remove footwear and warm-up, which involves completing a 20-second modified hurdler stretch twice on each leg. Participants are then positioned for the sit-and-reach assessment, which includes placing their feet flat against the flexometer with legs straight. Participants are then instructed to extend their arms evenly in front of them with one palm of their hand placed on top of the other. The assessment begins by having participants slowly bending forward (without bouncing) with legs remaining straight to push the sliding marker on the flexometer forward as far as possible and holding the final position for two seconds. This process is repeated, twice, and the greatest measurement is recorded to the nearest 0.5 cm. NOTE: If a flexometer is not available for in-person fitness assessments, the chair sit-and-reach assessment protocol that is used for online assessments is completed (described within methods).