

Table S1. Phases for physical activity prescription

Phase	Frequency and Duration	Description
Warming-up	5 – 10 minutes	Sequence of movements to activate the parts of the body to be exercised
Conditioning	30 minutes of moderate intensity exercise x 5 days/week	Includes aerobic exercises to improve cardiorespiratory function, and muscular strength exercises to improve muscular function
	20 minutes of vigorous intensity exercise x 3 days/week	
	30 minutes of moderate intensity exercise x 2 days/week + 20 minutes of vigorous intensity exercise x 2 days/week	
Cooling	5 – 10 minutes	Low-intensity exercise to restore heart function and blood pressure
Stretching	5 – 10 minutes	Exercises to improve muscle and tendon range of motion, postural stability and balance