

Supplementary Figure S1

Upon examining the correlation between VO_2max measurements at baseline (BL) and after two months, we observed a correlation coefficient of 0.864 ($p < 0.001$). Between the baseline and the three-year follow-up, the correlation was 0.830 ($p < 0.001$). Presented here is a scatter plot showing VO_2max values at baseline and at the three-year follow-up.

