Table S1. FITT-VP framework describing the structure and progression of the 7-month multicomponent physical activity program, including frequency, intensity, time, exercise type, training volume, and progression

Phase	Frequency (sessions/ week)	Intensity (RPE-Borg)	Time (min/ session)	Exercise Type	Volume (min/ week)	Progression
Month 1 Adaptation	2	10-11	50	Brisk walking, bodyweight strength exercises, mobility, and stretching	~100	Learning exercise technique, light muscular load, 2 sets of 10 repetitions
Month 2–3 Improvement	2	11-13	60	Continuous aerobic exercise + resistance exercises with elastic bands + balance training	~120	Increased aerobic duration and 3 sets per 10 repetitions
Month 4–5 Progression	2	12-14	60	Interval brisk walking, strength exercises, and core stability training	~120	Introduction of interval training and increased repetitions, 3 sets per 10 repetitions with a light load
Month 6–7 Consolidation	2	13-14	60	Interval aerobic training, functional strength circuit, balance exercises, and stretching	~120	Higher aerobic intensity and functional circuit training