Supplemental Table 2

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Australia** | **Brazil** | **Chile** | **Europe** | **Italy** | **Mexico** | **Portugal** | **Spain** | **UAE** | **USA** |
| **1** | Exercise for Mental Health | Fitness Programs for Older Adults | Personal Training | Personal Training | Post-Rehabilitation Classes | Exercise for Weight Loss | Personal Training | Functional Fitness Training | Exercise for Weight Loss | Wearable Technology |
| **2** | Fitness Programs for Older Adults | Exercise for Weight Loss | Exercise for Weight Loss | High-Intensity Interval Training | Exercise for Children's Health | Personal Training | Employing Certified Exercise Professionals | Employing Certified Exercise Professionals | Personal Training | Worksite Health Promotion |
| **3** | Group Training | Personal Training | Multidisciplinary Work Teams | Small Group Training | Fitness Programs for Older Adults | Traditional Strength Training | Exercise for Weight Loss | Small Group Training | Traditional Strength Training | Fitness Programs for Older Adults |
| **4** | Functional Fitness Training | Functional Fitness Training | Employing Certified Exercise Professionals | Exercise for Weight Loss | Youth Athletic Development | Training and Feeding Programs | Small Group Training | Personal Training | Employing Certified Exercise Professionals | Exercise for Weight Loss |
| **5** | Exercise is Medicine | Traditional Strength Training | Subscription-Based Membership | Body Weight Training | Personal Training | Functional Fitness Training | Traditional Strength Training | Licensure for Fitness Professionals | Boxing, Kickboxing, and Mixed Martial Arts | Reimbursement for Qualified Exercise Professionals |
| **6** | Traditional Strength Training | Exercise for Mental Health | Functional Fitness Training | Functional Fitness Training | Exercise is Medicine | Youth Athletic Development | Pilates | Exercise for Weight Loss | Youth Athletic Development | Employing Certified Exercise Professionals |
| **7** | Employing Registered Exercise Professionals | Outcome Measurements | Youth Athletic Development | Fitness Programs for Older Adults | Lifestyle Medicine | Healthy Diet | Pre- and Post-Natal Fitness | Fitness Programs for Older Adults | High-Intensity Interval Training | Mobile Exercise Apps |
| **8** | Pilates | Post-Rehabilitation Classes | Reimbursement for Qualified Exercise Professionals | Employing Certified Exercise Professionals | Pre- and Post-Natal Fitness | Multidisciplinary Work Teams | Fitness Programs for Older Adults | High-Intensity Functional Training | Massage | Exercise for Mental Health |
| **9** | Wearable Technology | Walking/ Running/ Jogging/ Cycling Clubs | Fitness Programs for Older Adults | Exercise is Medicine | Exercise for Weight Loss | Body Weight Training | Multidisciplinary Work Teams | Multidisciplinary Work Teams | Body Weight Training | Youth Athletic Development |
| **10** | Inclusive Exercise Services | Outdoor Fitness Activities | Post-Rehabilitation Classes | Traditional Strength Training | Exercise for Mental Health | Exercise for Children’s Health | Group Training | Traditional Strength Training | Wearable Technology | Personal Training |