**SDC 3: Qualitative data (from The FITR Heart Study) relating to why participants were or were not continuing with HIIT following their cardiac rehabilitation program**

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| **n** | **Sex** | **Did they continue?****(Yes/No)** | **Comment following supervised training** | **Comment following longer-term home-based training** |
| 1 | M | Yes | I think it has improved my capacity for exercise | Exercise has been good so will continue for better health. Not able to check heart rate. |
| 2 | M | Yes | It is beneficial, but I don’t know how much longer I'll be able to keep it up at age 72. | To keep fit.  |
| 3 | M | Yes | Because I am feeling much better for it, and it’s my second chance | This is my last chance to enjoy fitness as a part of living |
| 4 | M | Yes / No | Because I’m lazy and unfit | Was doing HIIT when walking hills, but now unable to due to knee pain. Have bought a new exercise bike and doing my own thing. |
| 5 | F | Yes | I'll continue for the length of this study, but possibly drop the intensity after that.  | It works. I might experiment with shorter periods of high intensity. |
| 6 | M | Yes | - | Enjoy exercise good for mind and body |
| 7 | M | Yes | - | Because it is good for me to do and I enjoy it  |
| 8 | F | Yes | - | Feeling fitter, more energetic. Seeing improvement. Can feel the benefit. |
| 9 | M | Yes | Structured and easy to undertake in a relatively short period of time | - |
| 10 | M | Yes | Challenging, enjoyable, rewarding | - |
|  | M | Yes / No | - | I’m still doing similar time and high intensity but without intervals. |
| 11 | M | Yes | The exercise time and duration need to be longer. I am doing extra walking  | Sessions are too short |
| 12 | M | Yes | To maintain fitness.  |  |
| 13 | M | Yes | It seems to be making a difference  | - |
| 14 | F | Yes | Because of increased feeling of well-being | Feel great. Love it.  |
| 15 | M | Yes | - | I can see the value |
| 16 | F | Yes | I feel good doing this sort of exercise | I enjoy it and feel better from it. Have lost weight which is a great incentive  |
| 17 | M | Yes | - | I feel good after the exercise, and the body as a whole seems good. |
| 18 | F | Yes | I am starting to enjoy the exercise | - |
| 19 | M | No | Do not enjoy high intensity exercise. Much prefer moderate exercise  | I will continue for the study, and then will do lower intensity exercise |
| 20 | M | Yes | It is easy to do and works for me so I will continue | It feels right for me. Good health outcomes and generally stronger, physically and mentally. |
| 21 | M | Yes | Feeling the benefit and would like to lose some more weight | Feeling mental and physical benefit |
| 22 | M | Yes | - | I’ve lost weight and gained energy |
| 23 | M | Yes / No | - | No motivation |
| 24 | M | Yes | I still have a strong desire/drive to improve my health and enjoy being fit | I see and feel the benefits. I'm advised medically it’s the best course to take. |
| 25 | M | Yes | To keep making progress | Want to continue to improve fitness and manage weight |
| 26 | M | Yes | I now have the confidence and improved utility to undertake the exercise | Achievable exercise that creates a sense of well-being. It’s fits into my lifestyle well |
| 27 | M | Yes | - | It’s fun and a challenge |
| 28 | M | Yes | Doing me good | Love it. Getting results and loving the challenge  |
| 29 | M | Yes / No | To keep fit | To maintain fitness but doing lighter intensity |
| 30 | M | Yes | - | Good discipline  |
|  | M | Yes / No | - | Need difference exercise due to joint pain. |
| 31 | M | Yes | Enjoy the high intensity change to exercise  | Took me to a new fitness that I want to maintain. |
| 32 | M | Yes | HIIT gives a good scaffold for achievable exercise for me | Very happy to continue at this stage. Have settled into the routine with extra walking  |

Abbreviations: HIIT, high intensity interval training, M, male; F, female.

**Supplementary Table 3: Qualitative data (from The FITR Heart Study) relating to why participants were or were not continuing with MICT following their cardiac rehabilitation program**

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| --- | --- | --- | --- | --- |
| **n** | **Sex** | **Did they continue?****(Yes/No)** | **Comment following supervised training** | **Comment following longer-term home-based training** |
| 1 | F | Yes | - | Need to stay healthy |
| 2 | F | Yes | - | It is healthy for my heart |
| 3 | M | Yes / No | - | Due to health reasons |
| 4 | F | Yes / No | To help with overall fitness | Due to injuries |
| 5 | M | Yes | - | I bush walk regularly so the recommended exercise regime ties in well with that. To keep fit, good for heart health, enjoyable. |
| 6 | M | Yes | Desire to improve fitness / lose weight | Simple to do and have the time. Has been a lifestyle change/commitment |
| 7 | M | Yes / No | I was told to do it | No. Lack of time. |
| 8 | M | Yes / No | For fitness | No. Needs to be more intense. |
| 9 | M | Yes | I know the regime and have joined a gym | Need to improve fitness |
| 10 | F | Yes | No trouble to do at home and enjoy the exercise | Benefits in general, wellbeing, strength and energy levels and weight control |
|  | M | Yes | I’m sure I will benefit from it | - |
| 11 |  |  |  |  |
| 12 | M | Yes / No | - | No time |
| 13 | M | Yes | - | Enjoyable |
| 14 | M | Yes | - | Because I need to |
| 15 | M | Yes | To keep myself healthy | Because exercise will help my general health. Want to maintain the exercise recommended by the cardiac rehab course  |
| 16 | M | Yes / No | It’s the right thing to do. | Needs to be higher frequency and intensity.  |
| 17 | M | Yes | Very easy to comply | Easily incorporated into daily routine |
| 18 | F | Yes | It provides some extra motivation | I feel it is improving my overall health |
| 19 | M | Yes / No | - | For health and fitness, I want to add high intensity  |
| 20 | M | Yes | - | I feel much better health-wise |
| 21 | M | Yes | Because I can see the benefit of it. | I'm motivated to do so. Enjoy doing exercise and to keep fit. |
| 22 | M | No / Yes | Prefer alternatives such as hiking outdoors | Been doing this for years. Enjoy hiking. |
| 23 | M | Yes | Will exercise but probably less amount | Likely to keep going at this stage |
| 24 | M | Yes | - | To live |
| 25 | M | Yes | To keep fitter and healthier | Keeping fit and loss of weight. Feeling better. |
| 26 | M | Yes / No | To keep fit and control weight | For health and well-being but with higher intensity. |
| 27 | M | Yes | I need to do it. It is improving my general feeling of wellbeing | Because I knew I must, plus I am enjoying it (mostly) |
| 28 | M | Yes / No | - | Better overall fitness, more energy, weight loss. I’m working harder as moderate exercise regime did not provide enough effort level. |
| 29 | F | Yes | - | To prepare for my later years |
| 30 | M | Yes / No | - | Enjoyment of fitness. I’m doing more than recommended.  |
| 31 | M | Yes | Maintain fitness and weight levels. Avoid heart problems in the future. Improve body tone and waist circumference. | Maintain fitness and health - Maintain weight and control body fat |

Abbreviations: MICT, moderate intensity continuous training; M, male; F, female.