**Supplementary Methods: Details on HIIT recommended HIIT protocols**

Modalities of exercise recommended including home-based exercises, sprinting, hill-walking, cycling, and exercise machines. Subjects were instructed that HIIT activities should be “exercise that uses most of your body and is very hard to do within seconds” and could choose from a variety of evidence-based protocols (4, 8, 26-29). For unfit and inexperienced participants, we recommended 10-20 second HIIT intervals performed at an RPE of 8-9, with 3-5 repetitions. Once adapted, subjects were encouraged to progress to more difficult options such as a standard ‘Wingate’ type HIIT protocol of 3 repetitions of 30 second maximal intervals, 5-10 one-minute intervals at a RPE of 8, or a single 4-minute interval at the highest intensity that could be maintained. The duration of rest periods were not mandated but it was recommended that between intervals of 1-3 minutes of light activity was appropriate and that participants should feel sufficiently recovered to attempt the next interval at the required intensity. Participants were instructed to perform 3 HIIT sessions per week and in order to be consistent with the ‘real-world’ nature of the trial, subjects could attend commercial HIIT classes or engage in sprint-based sports. Essentially, any exercise activity that was interval-based and led participants to experience a RPE of 8 or greater could be included. In order to capture a realistic measure of exercise habits, HIIT participants were not explicitly restricted from other forms of exercise, however it was emphasised that HIIT training alone was considered sufficient. Participants were advised to increase the number or intensity of intervals performed over the 12 month period.