**Supplemental Content 1**. Exercise Session Template

|  |  |  |
| --- | --- | --- |
| **Activity** | **Example exercises** | **Time** |
| Warm up | * Aerobic full body movements * Dynamic stretching | * 5 minutes |
| Circuit 1: Upper and lower body resistance and aerobic exercise | * Chair sit to stand * Resistance band upright row * Marching in place | * 30-45 seconds per exercise * 15 seconds rest between exercises * Repeat 2-3 times |
| Circuit 2: Upper and lower body resistance and aerobic exercise | * Calf raises * Resistance band chest press * Side steps | * 30-45 seconds per exercise * 15 seconds rest between exercises * Repeat 2-3 times |
| Circuit 3: Two upper body resistance and aerobic exercises | * Bicep curls * Shoulder press * Overhead reach and step out | * 30-45 seconds per exercise * 15 seconds rest between exercises * Repeat 2-3 times |
| Cool down | * Balance * Core strengthening * Static stretching | * 5 minutes |