

Enrollment

Assessed for eligibility (n=94)

Excluded (n=29)

- Not meeting inclusion criteria (n=21)
- Declined to participate (n=8)

Allocation

Allocated to intervention (n=65)

- Received allocated intervention (n=63)
- Did not receive allocated intervention (n=2)
 - Recent exacerbation of symptoms (n=1)
 - Unrelated health problems (n=1)

Follow-Up

Lost to follow-up (n=6)

Discontinued Intervention (n=5)

- Busy schedule (n=1)
- Aerobic requirements too strenuous (n=1)
- Exercises were too easy (n=1)
- No longer met eligibility criteria (n=1)
- Miscommunications (n=1)

Analysis

Analyzed (n=52)