Figure 1. Flow diagram of participants through the trial.

Enrollment

Assessed for eligibility (n=29)

Excluded (n=6)
♦ Not meeting inclusion criteria (n=0)
♦ Declined to participate (n=6)
♦ Other reasons (n=0)

Randomized (n=23)

Allocation

Allocated to EX condition (n=13)
♦ Participated in all or some planned supervised or home-based exercise sessions (n=8)

Allocated to UC condition (n=10)
♦ Received usual care (n=10)

Follow-Up

Lost to follow-up (n=0)

Lost to follow-up (n=0)

Analysis

Analysed (n=9)
♦ Excluded from analysis
• Medical complications due to (n=1):
  o Myocardial infarction (n=1)

Analysed (n=5)
♦ Excluded from analysis (n=8)
• Did not participate in any exercise sessions due to (n=5):
  o Inability to establish contact after randomization (n=4)
  o Began a different clinical trial (n=1)

• Medical complications due to (n=3):
  o Stroke (n=1)
  o Hospitalized for most of chemotherapy, withdrew after one exercise session (n=1)
  o Withdrew due to increasing weakness and significant weight loss (n=1)