Supplementary table 1 – reported exercises and their classification

| Activity               | performance* | MET category (1 = Moderate, 2 = Vigorous) |
|------------------------|--------------|------------------------------------------|
| American football      | Any          | 2                                        |
| Athletics (track and field) | Any          | 2                                        |
| Badminton              | Any          | 1                                        |
| Ballet                 | Any          | 1                                        |
| Baseball               | Any          | 2                                        |
| Basketball             | Average or worse | 1                          |
| Basketball             | Better than average | 2                          |
| Cricket                | Any          | 1                                        |
| Cycling                | Average or worse | 1                          |
| Cycling                | Better than average | 2                          |
| Dancing                | Average or worse | 1                          |
| Dancing                | Better than average | 2                          |
| Diving                 | Any          | 1                                        |
| Figure skating         | Average or worse | 1                          |
| Figure skating         | Better than average | 2                          |
| Golf                   | Any          | 1                                        |
| Gymnastics             | Any          | 1                                        |
| Handball               | Any          | 2                                        |
| Hockey                 | Any          | 2                                        |
| Horseback riding       | Average or worse | 1                          |
| Horseback riding       | Better than average | 2                          |
| Martial arts           | Any          | 2                                        |
| Rowing                 | Average or worse | 1                          |
| Rowing                 | Better than average | 2                          |
| Rugby                  | Any          | 2                                        |
| Running                | Any          | 2                                        |
| Soccer/football        | Any          | 1                                        |
| Step aerobics          | Any          | 2                                        |
| Swimming               | Average or worse | 1                          |
| Swimming               | Better than average | 2                          |
| Table tennis           | Any          | 1                                        |
| Tennis                 | Average or worse | 1                          |
| Tennis                 | Better than average | 2                          |
| Volleyball             | Any          | 1                                        |
| Skiing                 | Average or worse | 1                          |
| Skiing                 | Better than average | 2                          |
| Weight lifting         | Average or worse | 1                          |
| Weight lifting         | Better than average | 2                          |
| Yoga/pilates           | Any          | 1                                        |
| Boxing/wrestling       | Any          | 2                                        |
| Outdoor activities     | Average or worse | 1                          |
| Outdoor activities     | Better than average | 2                          |
| “Water aerobics”       | Any          | 1                                        |
| “Lacrosse”             | Any          | 2                                        |
| “Marching band”         | Any          | 1                                        |

Table 1: Sports reported by patients and each sports metabolic equivalent score. Moderate activities (MET score 1 in table) have a metabolic equivalent of 3-6 (3.5-7 kcal/min) and vigorous activities (MET score 2 in a table) >6 METs (>7 kcal/min). Some activities can be either moderate or vigorous depending on
intensity at which they are performed. For these activities, level of performance was used as an indicator of intensity with average or less than average performance likely to suggest sport done at lower intensity than above average, regional or national representation at a sport.