Supplement 1: Search terms for identifying webpages for physical activity guidelines for persons with multiple sclerosis

|                  | multiple sclerosis | MS           | ideas          | recommendation | routine          | suggestions | tips            | plan            |
|------------------|--------------------|--------------|---------------|---------------|------------------|-------------|------------------|------------------|
| **exercise**     | exercise and multiple sclerosis | exercise and MS | exercise and ideas | exercise and recommendation | exercise and routine | exercise and suggestions | exercise and tips | exercise and plan |
| **physical activity** | physical activity and multiple sclerosis | physical activity and MS | physical activity and ideas | physical activity and recommendation | physical activity and routine | physical activity and suggestions | physical activity and tips | physical activity and plan |
| **cardio**       | cardio and multiple sclerosis | cardio and MS | cardio and ideas | cardio and recommendation | cardio and routine | cardio and suggestions | cardio and tips | cardio and plan |
| **aerobic**      | aerobic and multiple sclerosis | aerobic and MS | aerobic and ideas | aerobic and recommendation | aerobic and routine | aerobic and suggestions | aerobic and tips | aerobic and plan |
| **endurance**    | endurance and multiple sclerosis | endurance and MS | endurance and ideas | endurance and recommendation | endurance and routine | endurance and suggestions | endurance and tips | endurance and plan |
| **resistance**   | strength and multiple sclerosis | strength and MS | strength and ideas | strength and recommendation | strength and routine | strength and suggestions | strength and tips | strength and plan |
| **strength**     | strength and multiple sclerosis | strength and MS | strength and ideas | strength and recommendation | strength and routine | strength and suggestions | strength and tips | strength and plan |
| **workout**      | workout             | workout      | workout       | workout       | workout          | workout      | workout          | workout          |
| **physical activity** | physical activity and multiple sclerosis | physical activity and ideas | physical activity and recommendation | physical activity and routine | physical activity and suggestions | physical activity and tips | physical activity and plan |
|----------------------|------------------------------------------|-----------------------------|-------------------------------------|-------------------------------|-------------------------------|------------------------|-------------------------|
| and multiple sclerosis | and MS | and ideas | and recommendation | and routine | and suggestions | and tips | and plan |