S1 Fig. Pulmonary rehabilitation educational material.

| Exercise program for walking | Respiratory exercise program (part 1) | Respiratory exercise program (part 2) |
|------------------------------|--------------------------------------|--------------------------------------|
| Number of exercises, time   | Number of exercises, time            | Number of exercises, time            |
| Exercise intensity          | Exercise intensity                   | Exercise intensity                   |

The table above lists the number of exercises and their respective time and exercise intensity for each program.