

Table S1. Distance walk per session per subject at Baseline and at Week 2

		Subject No	0	1	2	3	4	5	mean	
CONTROL	6	Baseline	67.5	115.9	150.8	234.0			142.1	
		2 week	66.0	136.0	156.3	156.3			128.6	
	9	Baseline	20.2	117.9	45.4	273.8			114.3	
		2 week	37.8	3.4	155.9	195.8	184.9		115.6	
	11	Baseline	64.9	82.9	72.8	94.3	80.3		79.0	
		2 week	108.9	42.9	74.8	12.9	42.9		56.5	
	18	Baseline	190.2	164.9	239.5	298.0	357.4	365.8	269.3	
		2 week	176.8	181.9	168.3	174.4			175.4	
			Baseline	85.7					238.5	151.2
			2 week	97.4					139.6	139.6
INTERVENTION	1	Baseline	67.3	76.2	74.2	64.0	74.6		71.2	
		2 week	96.0	117.6	119.9	119.0	108.9		112.3	
	2	Baseline	32.5	64.2	72.4	84.6	98.1		70.4	
		2 week	74.5	86.3	89.0	90.6	90.5		86.2	
	3	Baseline	34.9	47.0	51.4	68.4	74.2		55.2	
		2 week	18.2	116.0	133.9	128.8	171.7		113.7	
	13	Baseline	71.0	87.0	105.3	100.5	136.4		100.0	
		2 week	98.1	123.7	175.0	189.2	191.2		155.4	
	14	Baseline	138.2	163.8	186.9	205.5	212.1		181.3	
		2 week	160.8	203.8	202.6	210.2			194.3	
	19	Baseline	139.1	162.0	164.3	156.1	170.1		158.3	
		2 week	139.5	196.4	194.4	184.6	205.7		184.1	
			Baseline	86.8				127.6	106.1	
			2 week	97.8				163.5	141.0	