**Figure S1.** CONSORT diagram illustrating participant recruitment, enrollment, and completion information

EDSS, Expanded Disability Status Scale; MS, multiple sclerosis.

Assessed for eligibility (n = 156)
- Excluded (n = 65)
  - Not meeting inclusion criteria (n = 29)
    - Too physically active (n = 16)
    - Did not meet age criteria (n = 5)
    - Geographic location (n = 6)
    - EDSS score >7 (n = 2)
  - Declined to participate (n = 10)
  - No response after initial contact (n = 26)

Randomized (n = 91)

Allocated to intervention (n = 46)
- Lost to follow-up (n = 4)
  - Loss of contact (n = 1)
  - MS attack (n = 1)
  - No longer willing to participate (n = 1)
  - Misdiagnosis (n = 1)

Allocated to control (n = 45)
- Lost to follow-up (n = 8)
  - Loss of contact (n = 6)
  - No longer willing to participate (n = 2)

Follow-up

Analysis

Completed follow-up testing (n = 42)

Post hoc categorization

Adherers (n = 22)

Nonadherers (n = 20)

Completed follow-up testing (n = 37)

Adherers (n = 8)

Nonadherers (n = 29)