

Supplementary Table 3. The grade of recommendations to exercise guideline

Grade	Expression	Type of recommendations
A	Very strong	Recommended because it is sufficiently effective based on evidence (evidence levels I)
B	Strong	The evidence for effectiveness is relatively inadequate, so it is recommended that it be selectively given or given to a specific individual at the discretion of the experts (evidence levels II)
C	Not strong	Not recommended because it is insufficiently effective based on evidence (evidence levels III)
D	No recommendation	The recommendation itself is insignificant as there is no evidence for its effectiveness, and additional research is required