Table 2 Baseline demographics and characteristics of participants

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| **Baseline Demographic Characteristics** | **Whole population****N=49** | **Physical Activity Intervention N=23** | **Pulmonary Rehabilitation N=26** |
| Age (years)Mean (±SD) | 64.4 (8.6) | 61.1 (8.5) | 67.2 (7.8) |
| Gender (M:F) | 24:25 | 13:10 | 11:15 |
| FEV1 L/min Mean (±SD)FEV1% predictedFEV1/FVC(±SD)GOLD spirometry classificationMildModerateSevereVery severe | 1.4 (0.6)56 (23)%0.5 (0.2)818185 | 1.4(0.6) 54 (23)%0.5 (0.2)37112 | 1.4 (0.6)57 (24)%0.5 (0.2)51173 |
| Daily steps (Actigraph) | 3609.8 (2119.2)**N=40****(\*n=6,Ʃn=1,®n=2)** | 3305.6 (1960.2)**N=17(\*n=3,Ʃn=1,®n=2)** | 3834.6 (2245.5)**N=23 (\*n=3)** |
| ISWT | 256.3 (129.5) | 253.0 (118.8) | 259.2 (140.6) |

\*Not meeting criteria (Actigraph: 5 days of ten hours wear time, pedometer: 100-50,000 steps recorded) Ʃ patient non-compliant with wearing device ® researcher download error.