

Online supporting information Figure S1. App data of home-based exercise for both intervention groups

Article title: Blended home-based exercise and dietary protein in community dwelling older adults: a cluster RCT

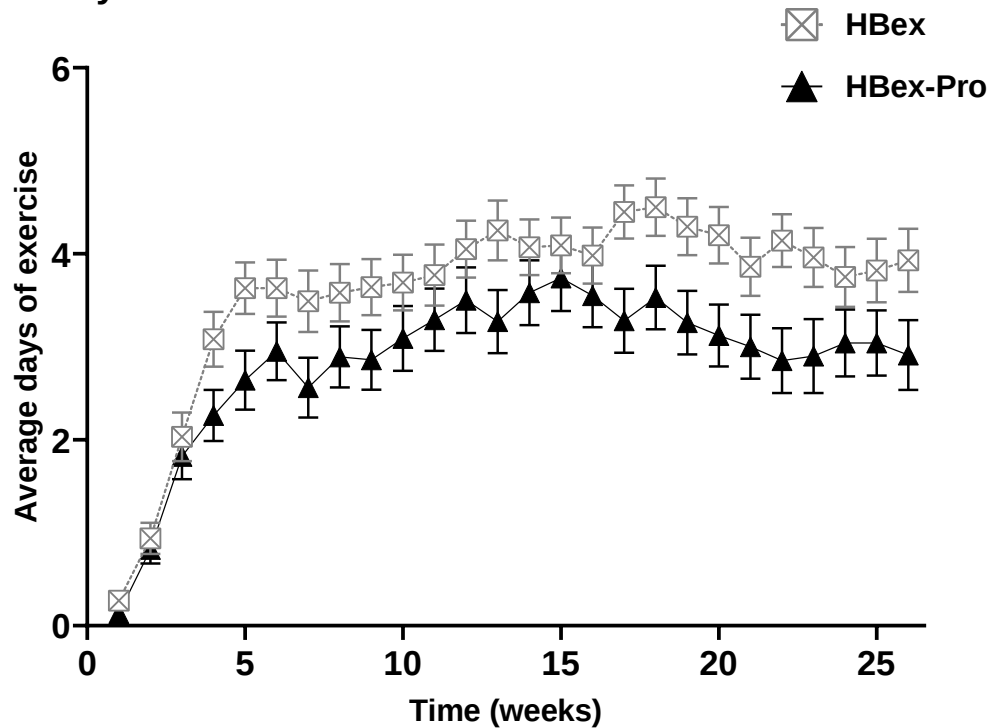
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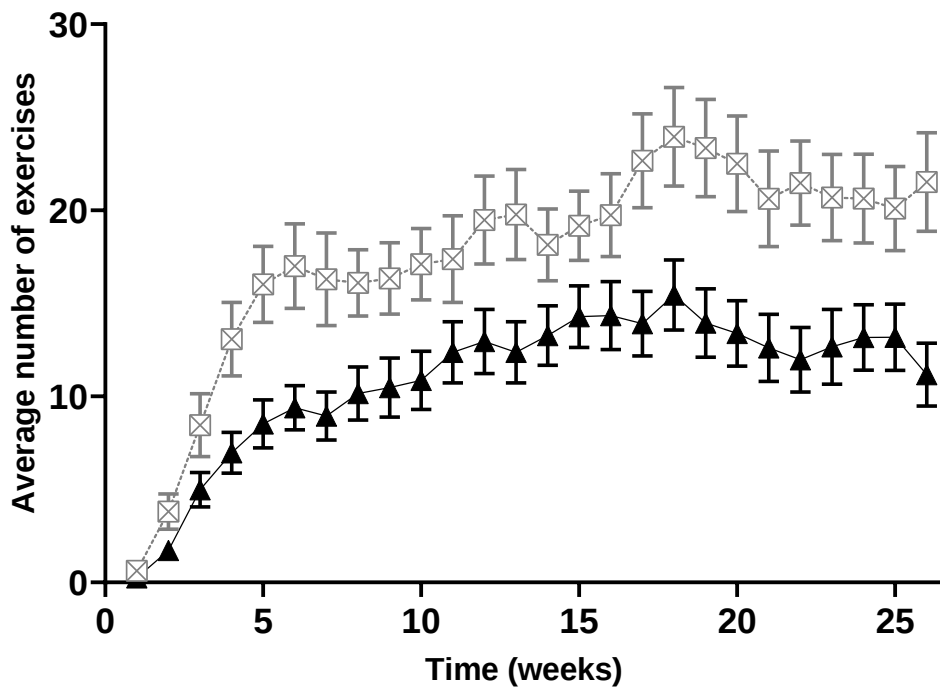
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Figure S1 App data of home-based exercise for both intervention groups

A. Days of exercise



B. Number of exercises



A & B, for both groups receiving the blended home-based exercise program, the averages on the app derived data were visualized over the 6 months (26 weeks) intervention period. Error bars indicate the standard errors. See *Figure 1* for the exact numbers of participants per week of intervention. For comparison between the groups, see *Online supporting information Table S1*.