

Table S1. 12 weeks of Nordic walking training program

Session	Intensity by RPE		Exercises
	Week 1-6	Week 7-12	
Warm-up (10 min)	3-4	3-4	Light step aerobics (3-5 min) Full body stretching (5 min)
Pole strengthening (20 min)	3-4	5-6	Chest, shoulder, back, arm, abdominal muscles and leg exercises 10 repetitions, 2 sets, with elastic band
Nordic walking (30 min)	3-4	5-6	Normal speed (10 min) → fast speed (10 min) → normal speed (10 min)
Pole aerobic and balance (20 min)	3-4	5-6	Pole aerobic exercises (10 min) Pole balance exercises (10 min)
Cool-down (20 min)	3-4	3-4	Full body stretching (20 min)

Note. RPE = Rating of Perceived Exertion (scale 0-10)