Supplementary File 4. LASSO penalized regression coefficients

Factors	β coefficients
Demographics	
Age	NS
Sex	NS
Age diagnosed	NS
Years since given exercise recommendations	NS
Identifying as an athlete	
Prior to diagnosis	1.08
Currently	NS
Identifying as an active individual	
Prior to diagnosis	NS
Currently	-0.55
Others identify you as an athlete	
Prior to diagnosis	0.45
Currently	0.027
Others identify you as an active individual	
Prior to diagnosis	NS
Currently	NS
Competitive athlete prior to diagnosis	0.025
Competitive athlete now	0.28
Elite athlete prior to diagnosis	1.29
Hours exercised/week prior to diagnosis	0.0099
Change in hours exercised/week (current – prior)	-0.17

LASSO penalized linear regression selects factors that are important in explaining the outcome variable and returns non-zero β coefficients for them.
NS = not selected in LASSO penalized linear regression