**Supplementary File 2. Future directions** **for research and clinical intervention.**

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| **Future directions for research and clinical intervention** |
| * Raising awareness and knowledge of HIIT in both patients and clinicians to assist translation of research demonstrating HIIT enjoyment and benefits into routine practice.
* Promoting training schedule flexibility and access to occasional exercise support to accommodate exercise interruptions from setbacks, health appointments and care responsibilities.
* Enabling group exercise settings and peer involvement to cultivate social connection and sustained exercise engagement. This includes specific strategies to support care giving responsibilities.
* Understanding the perceptions and experiences of health care providers’ including hepatologists and healthcare providers regarding the role of HIIT and professionals’ barriers and enablers to exercise care in clinical practice.
* Working with service providers which offer supported exercise programs to upskill on special considerations for exercise in NASH.
* Emphasizing HIIT outcomes that reflect patients’ core values (holistic benefits, enjoyment etc.) In the design, implementation, and promotion of lifestyle management plans for people with NAFLD/NASH.
* Exploring sustainable and accessible approaches to both supervised and self-directed HIIT in the community that specifically address availability and affordability to high priority groups including indigent, rural, and remotely located and indigenous peoples.
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HIIT, high-intensity interval training; NAFLD, nonalcoholic fatty liver disease; NASH, nonalcoholic steatohepatitis.