

Supplementary Material

Fig.1. QoL EORTC QLQ C30

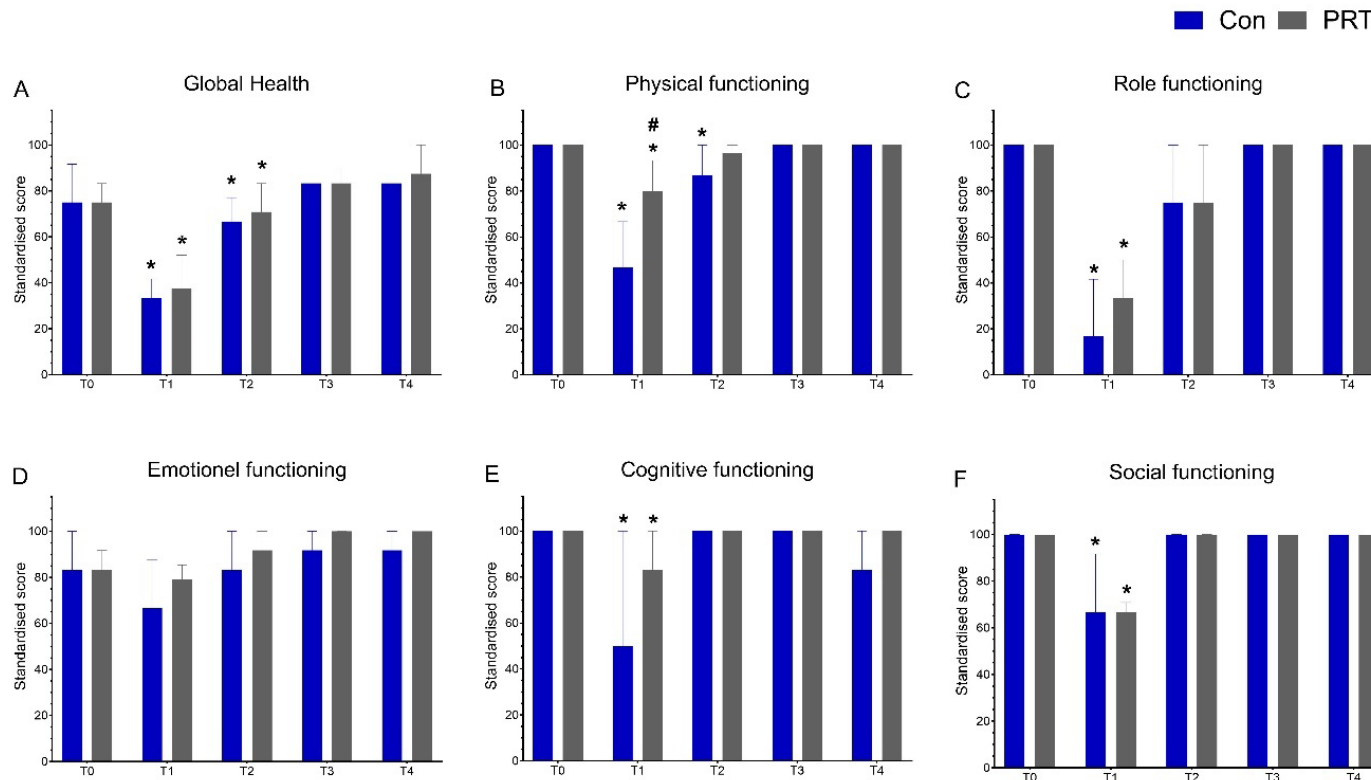


Fig 1. Quality of Life (QoL) scores from the EORTC QLQ C30 questionnaire at baseline (T0), post-treatment (6 wks, T1)), post intervention (12 wks, T2) (PRT, grey bars) or control (CON, blue bars) period, 6 (T3) and 12 months post-treatment start (T4). Higher scores represent higher levels of QoL and function. * Indicates statistically

significant difference ($p < 0.05$) compared with T0 within group. # Indicates statistically significant group difference in change from T0 ($p < 0.05$). Data presented as median standardized values with interquartile range.

Fig. 2. QoL EORTC QLQ C30

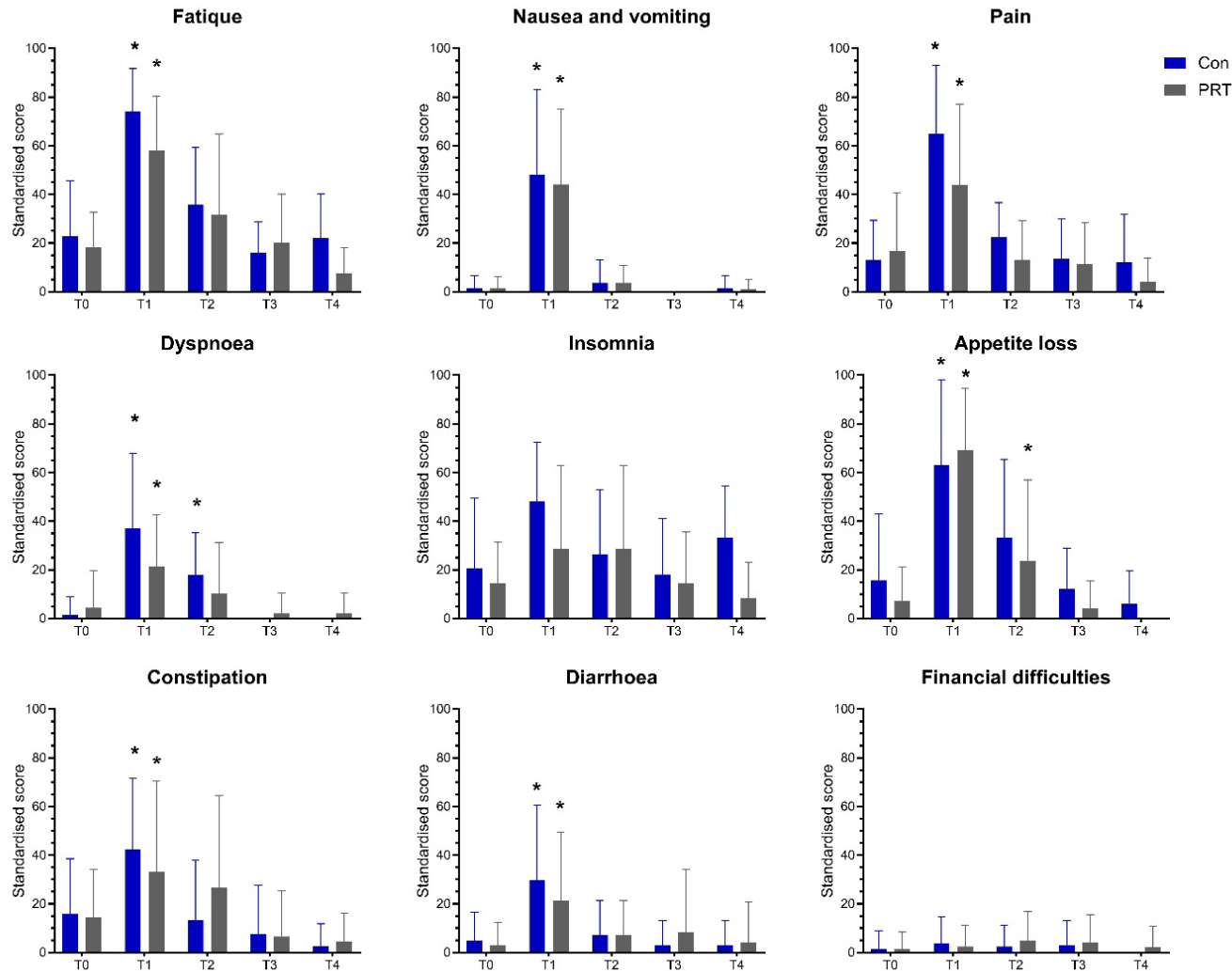


Fig. 2. Quality of Life (QoL) symptom scores from the EORTC QLQ C30 questionnaire at baseline (T0), post-treatment (6 wks, T1)), post intervention (12 wks, T2) (PRT, grey bars) or control (CON, blue bars) period, 6 (T3) and 12 months post-treatment start (T4). Higher scores represent higher levels of QoL and function. * Indicates statistically significant difference ($p < 0.05$) compared with T0 within group. Data presented as mean values with SD.

Fig. 3 - QoL EORTC QLQ H&N-35

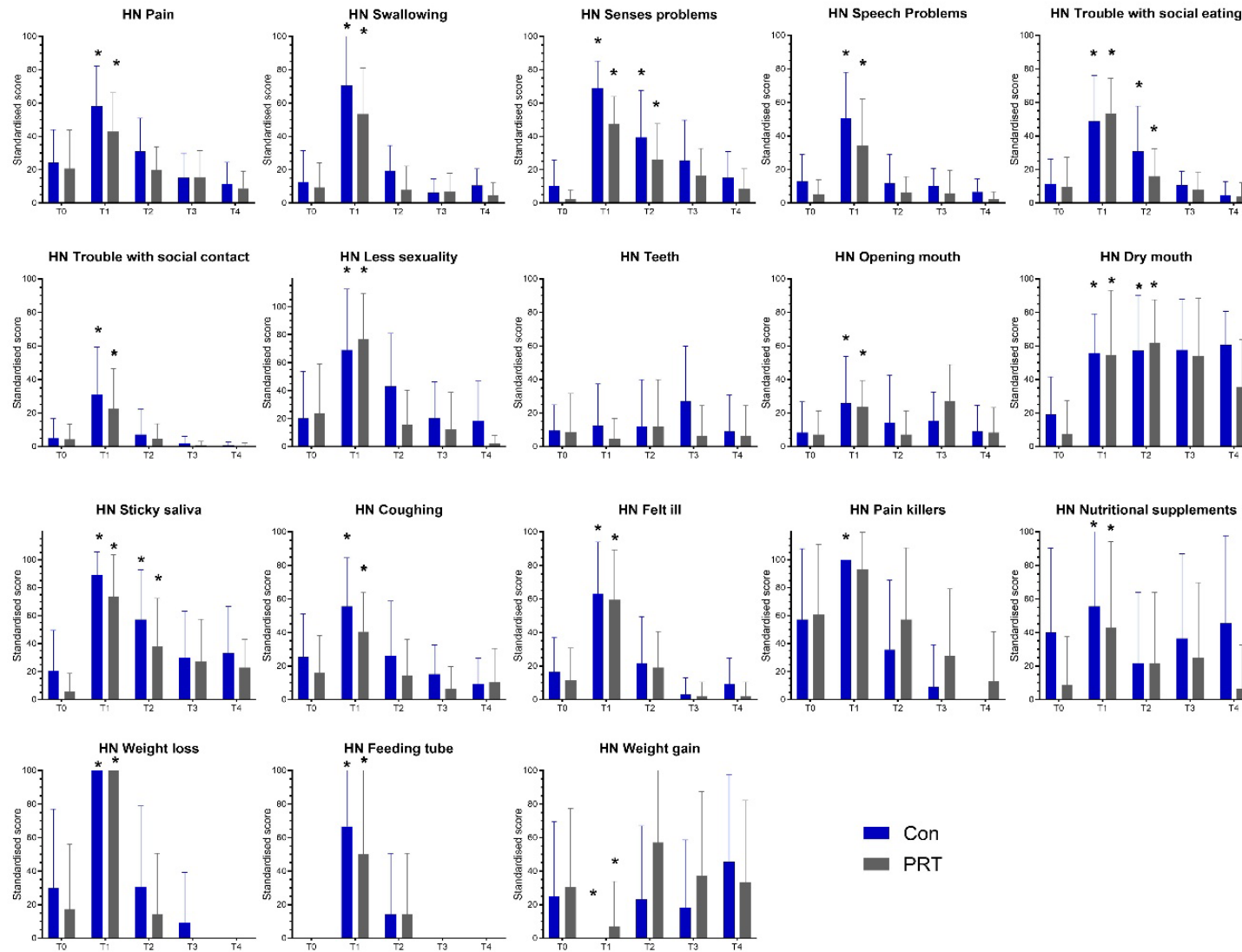


Fig. 3. Quality of Life (QoL) symptom scores from the EORTC QLQ-H&N-35 questionnaire at baseline (T0), post-treatment (6 wks, T1)), post intervention (12 wks, T2) (PRT, grey bars) or control (CON, blue bars) period, 6 (T3) and 12 months post-treatment start (T4). Higher scores represent higher levels of QoL and function. * Indicates statistically significant difference ($p < 0.05$) compared with T0 within group. Data presented as mean values with SD.

Fig.4. Self-reported Moderate and vigorous physical activity.

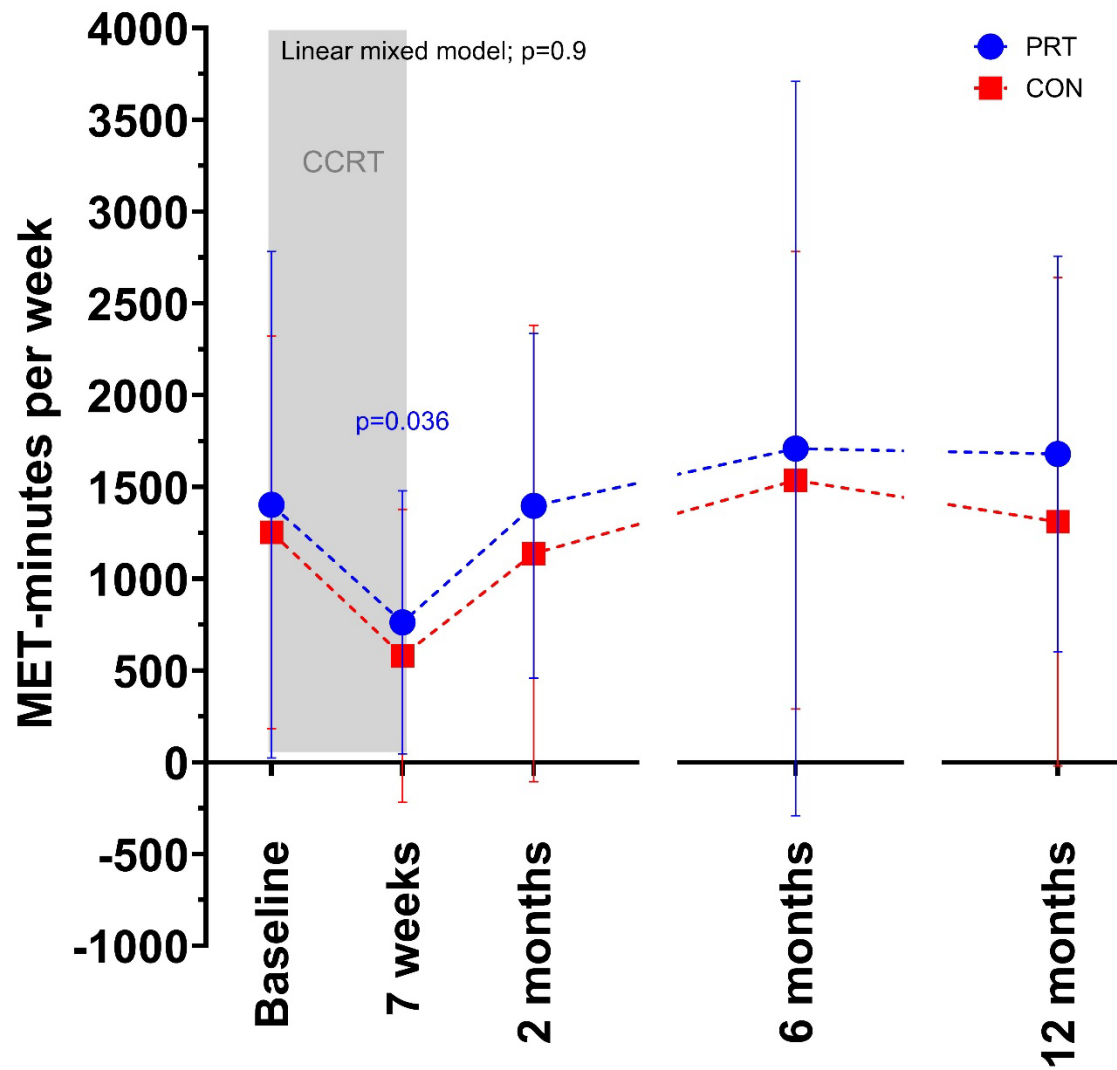


Fig. 4.: Self-reported moderate and vigorous physical activity estimated in MET (Metabolic Equivalent of Task) minutes per week. Physical Activity Scale (PAS) questionnaire pre-treatment (baseline), post-treatment (7 weeks), 2, 6 and 12 months post-treatment. PRT: Progressive Resistance Training; CON: Control. Data presented as mean with SEM. P-value indicate significant difference from baseline.