

Variable	Dance	Conventional	Median difference	p value
Age (years)	69 (61.8 to 76.3)	72 (59.0 to 75.5)	3	0.91
Sex, n (%)				
Female	4 (100)	2 (40)	-	-
Male	0 (0)	3 (60)	-	-
FEV₁ % predicted	75.5 (49.5 to 94.0)	49.0 (31.5 to 64.0)	26.5	0.11
Smoking status, n (%)				
Current	3 (75)	1 (20)	-	-
Ex	1 (25)	4 (80)	-	-
Never	0 (0)	0 (0)	-	-
mMRC	2 (2.0 to 2.8)	2 (1.5 to 2.5)	0	0.73
BMI (kg/m²)	25.4 (21.0 to 31.1)	22.8 (21.2 to 29.1)	2.6	1.00
Exercise tolerance (m)				
ISWT	170 (65.0 to 245.0)	-	-	-
6MWT	-	400 (205.0 to 412.5)	-	-
CAT	24.5 (17.0 to 29.0)	19.0 (18.0 to 22.0)	5.5	0.56
Handgrip (kg)	19.9 (12.0 to 20.3)	-*	-	-
HADS				
Anxiety	9.5 (5.5 to 13.5)	8.0 (6.0 to 12.0)	1.5	1.00
Depression	9.0 (7.3 to 11.5)	7.0 (4.5 to 9.5)	2.0	0.29

Data are presented as median (IQR) to one decimal place; p values are presented to two decimal places; significance accepted at $p < 0.05$; *one data value only; BMI = body mass index, CAT = COPD assessment test, FEV₁ = forced expiratory volume in the first second; HADS = hospital anxiety and depression score, ISWT = incremental shuttle walk test, mMRC = medical research council dyspnoea scale.