

Supplementary table. Breathlessness measured on a numerical rating scale (0-10) for 5 minutes of recovery from intermittent exercise with administration of a hand-held fan at different airflow speeds or control (no fan).

Recovery time	Control (0 m/s)	Speed 1 (0.7 m/s)	Speed 2 (1.0 m/s)	Speed 3 (1.7 m/s)	Speed 4 (2.5 m/s)	Speed 5 (3.3 m/s)
0 min	7.6 (1.7)	7.7 (1.7)	7.4 (1.9)	7.1 (2.0)	7.7 (1.7)	7.4 (1.9)
1 min	5.4 (1.3)	5.1 (1.5)	5.1 (1.5)	4.3 (1.7)	4.9 (2.4)	4.7 (1.7)
2 min	3.1 (1.4)	2.8 (1.8)	2.9 (1.5)	1.8 (1.3)	2.3 (2.2)	2.0 (2.2)
3 min	1.4 (1.1)	0.8 (1.1)	0.9 (0.9)	0.6 (1.0)	0.7 (1.1)	0.6 (1.0)
4 min	0.3 (0.5)	0.1 (0.3)	0.6 (0.8)	0.2 (0.4)	0.2 (0.7)	0.0 (0.0)
5 min	0.0 (0.0)	0.0 (0.0)	0.0 (0.0)	0 (0.0)	0.0 (0.0)	0 (0.0)