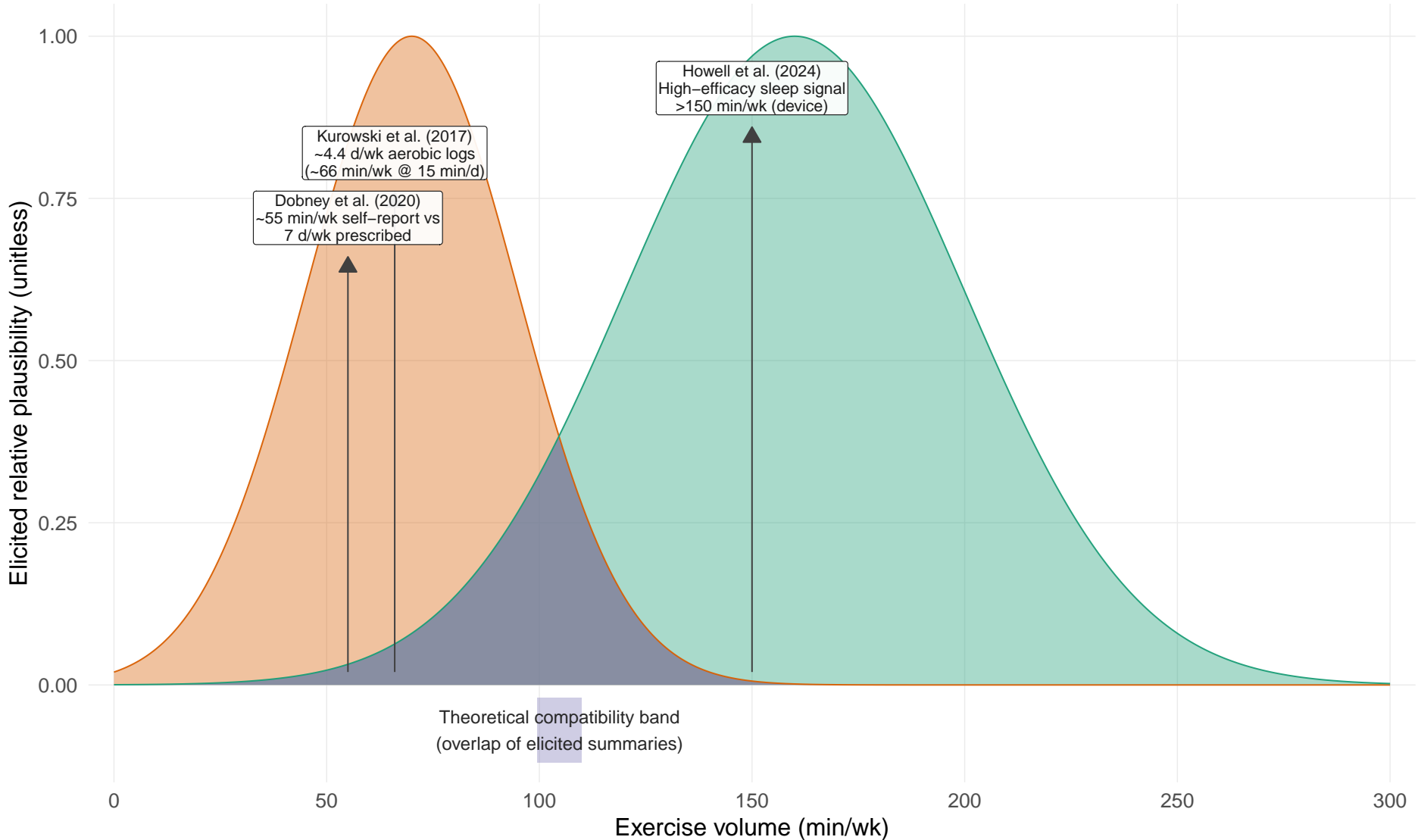


Therapeutic feasibility zone (conceptual)

Warm = real-world adherence-elicited profile (left); Cool = efficacy / physiologic benefit-elicited profile (right)



Illustrative prior-elicited densities on exercise volume (min/wk), informed by published trial/cohort summaries (Dobney 2020; Kurowski 2017; Chrisman 2017; Howell 2024). Not a patient-level Bayesian meta-analysis of raw outcome data.