

Supplementary File 1. Follow-up exercise

1. *Have you exercised on a regular basis during the last 6 months (from the post-intervention assessments until now)?*
 - Yes
 - No
2. *What type(s) of exercise have you done during the last 6 months? DO NOT INCLUDE WALKING. You can select more than 1 option.*
 - Resistance (e.g., body weight, elastic bands, dumbbells)
 - Balance (e.g., yoga, taichi)
 - Flexibility (e.g., stretching, yoga, taichi)
 - Aerobic (e.g., running, cycling, swimming)
 - Others:
3. *What is the average number of days per week that you have exercised on a regular basis? DO NOT INCLUDE WALKING.*
 - 1 day
 - 2 days
 - 3 days
 - 4 days
 - 5 days
 - 6 days
 - Every day
4. *What average time (hours and/or minutes) have you exercised each day on a regular basis?*
 - Free short answer:
5. *What average intensity is best associated with the exercise you have done on a regular basis?*
 - Light (it is practically effortless)
 - Moderate (you find it hard to maintain a conversation, but you are able)
 - Vigorous (you find it very difficult to maintain a conversation or you are unable to maintain a conversation)
6. *Have you exercised under the supervision of a professional?*
 - I have exercised under professional supervision
 - I have exercised without the supervision of a professional
7. *Where have you usually exercised during the last 6 months?*
 - Gym/sports center
 - Home
 - Outdoors (e.g., parks, nature)
8. *What type of equipment have you usually used for training during the last 6 months? You can select more than 1 option.*
 - Body weight
 - Elastic bands
 - Guided machines

- Dumbbells
- Discs and bars

9. *Have you used any type of motivational strategy during the last 6 months?*

- Yes
- No

If the answer is yes, describe the strategies used:

10. Other comments: