**Supplementary Table 5. Answers to the open question: "Please explain why you scored in this way and suggest any changes to the programme'?"**

| Category | Positive ratings | Negative ratings and suggested improvements |
|---|---|---|
| • aLiFE programme | • Good programme (n=2)<br>• Programme was playful (n=2)<br>• The program is easy and fun to do (n=1). | |
| • Integrative approach | • Integration of exercise into daily routines (n=5) | • Starting the programme during winter would make it easier to integrate activities in daily routines, due to less unpredictable lifestyle (n=1)<br>• I wish we could interact with the other participants during the programme (n=1) |
| • aLiFE activities | • Challenging activities for balance and flexibility of hips (n=1)<br>• Noticeable effect on muscles and balance (n=1).<br>• Tailored activities with a specific purpose (n=1)<br>• Personalized training (n=1)<br>• Awareness of possibilities to move more often was fun (n=1).<br>• | • Some exercises were slightly exhausting and hard to execute including stepping over objects (n=1), and walking on heels and toes (n=1), two stairs at a time (n=3), jumping (n=2)<br>• Integrate more activities including backwards walking (n=1)<br>• If it gets to easy it becomes uninteresting (n=1)<br>• Little benefit for people with an already active life (n=1)<br>• Tailor more to physical capabilities (n=1)<br>• Perform leaning just in front of a bed (n=1)<br>• Too many activities (n=3) |
| • aLiFE Trainer | • Skilled trainer (n= 1)<br>• Fun working with a trainer (n=1) | |
| • Health effects | • Good and useful for health (n=1)<br>• Good for prevention of decline and for a longer more healthy life (n=1)<br>• Improves balance and strength over time (n=1)<br>• Still doing the activities (n=1) | |
| • Documentation | | • Many sheets to keep track of (n=1)<br>• Takes time, effort and discipline (n=1).<br>• Wishes every week a new activity planner (n=1) |
| • Study design | • | • Study too short to induce an effect (n=2) |

Post intervention, participants were given the opportunity to briefly explain why they had scored the acceptability questionnaire in a specific way and to suggest any changes to the aLiFE programme. A summary of the answers is shown in the table.