**Supplementary Table 3. Content of the aLiFE instructor training (2 days course)**

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| **Topic** | **Content** |
| * The aLiFE programme: overview
 | * Introducing the different programme elements of aLiFE (theory)
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| * The aLiFE activity framework
 | * aLiFE activity modules (strength, neuromotor, physical activity), activity principles, and specific activities (theory and practice)
 |
| * The aLiFE assessment tool
 | * Applying the aLiFE assessment tool (theory and practice)
 |
| * The aLiFE behaviour change concept
 | * aLiFE behaviour change elements including the Health Action Process Approach, goal setting, action planning, habit formation, feedback and monitoring (theory and practice)\*
 |
| * aLiFE material
 | * Using the participant manual, daily routine chart, activity planner, activity counter (theory and practice)
 |
| * Teaching aLiFE: home visit 1
 | * Introducing aLiFE to the participant, tailoring and implementing first aLiFE activities (theory and practice)
 |
| * Teaching aLiFE: subsequent home visits
 | * Teaching new activities, upgrading existing activities (theory and practice)
 |
| * Test to receive certificate
 | * Multiple choice test about the different programme elements and content of aLiFE (theory)
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The aLiFE workshop was led by an exercise scientist (MS) and a psychologist (EB). An end-user (young senior) was also present. Practical work included teaching and practicing the different programme elements in groups of three people (one trainer, one participant, one observer providing feedback).
\* For full outline of behaviour change concept and operationalisation see Boulton et al. [23].