**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) |
| * 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) |

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].