**Supplementary Table 4: Results of the 7-point Likert scale questionnaire for measuring the acceptability of aLiFE**

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| **Question** | **Median (IQR)** |
| Overall, what did you think of the aLiFE programme? (0= Disliked strongly; 7=liked very much)  | 6 (0) |
| Do you think that the aLiFE activities have helped you to improve your strength? (0=very unhelpful; 7=very helpful) | 6 (1) |
| Do you think that the aLiFE activities have helped you to improve your balance? (0=very unhelpful; 7=very helpful)  | 6 (1) |
| Do you think that the aLiFE activities have helped you to improve your physical activity? (0=very unhelpful; 7=very helpful) | 6 (1) |
| Did you feel safe when you performed the aLiFE activities? (0=very unsafe; 7=very safe) | 6 (0) |
| Please rate how difficult or easy you found it to perform the aLiFE activities. (0=very difficult; 7=very easy) | 6 (1) |
| How easy was it to incorporate the aLiFE activities into your everyday life? (0=very difficult; 7=very easy) | 5 (2) |
| How easy did you find it to progress the aLiFE activities so that they were more challenging? (0=very difficult; 7=very easy) | 5 (2) |

 IQR= Inter quartile range