**Appendices Table A1.** Participant feedback on the Mi-LiFE program.

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| **Feedback Questions** | **Common Responses** |
| *Why did you decide to join this study?* | * Physician/nurse mentioned program
* Become more active
* Improve balance, mobility, and strength
* Improve health or prevent falls
* Join with spouse/friend
* Call from research team
* Learn new information
* Family encouragement/support
* Free program for seniors
 |
| *Related to your participation in the study, what could we have done better?* | * More education on the LiFE principles
* More simplified manual content
* Larger groups
* Group participants with similar capabilities
* Extend opportunity to other age groups
* More challenging, structured exercises
* Tailor exercises to participant capability
* More exercise progression
* Less cumbersome recording/activity planning
* Inconvenient timing and location of sessions
* Opportunity for home-based sessions
* No major improvements
 |
| *What did you like or dislike about the exercise program or the materials we provided for you?* | Liked* Group format (size, social)
* Manual – clear instructions and pictures
* Exercises (targeted to seniors, new style, fun)
* Supportive PT and research staff
* Program focus on strength and balance
* Follow-up (sessions, phone calls)
* Could join with spouse/caregiver
* Program free cost and location

Disliked* Manual – not relevant and too long/detailed
* Exercises (purpose unclear, more instruction, redundancy)
* Activity planner and daily exercise forms
* Barriers to exercises (motivation, difficulty, time)
* Groups (too small, not enough interaction)
* Prefer structured, one-on-one exercise
* Program location (travel, accessibility)
* No major dislikes
 |

Note: PT = physical therapist.