**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.