

## Additional file 1: Interview guide

### Part 1: Physical activity and exercise

- How important is being physically active to you?
- What do you think the benefits / disadvantages are of being physically active?
- Currently, what might prevent you / encourage you from doing more physical activity?
  
- What does the term 'exercise' mean to you?
- How important is exercise to you? Why?
- What do you do now if anything that could be considered exercise? Can you describe what exercise you have done in the past?

### Part 2: Resistance exercise

- Have you heard of resistance exercise?

#### **PROMPT TO PARTICIPANT**

***\*\*Resistance exercise (or strength training) is exercise which typically involves your muscles lifting or pulling or pushing against an external weight or resistance. It often takes place in a gym and can involve lifting weights, working on machines or using elastic resistance bands\*\****

- Can you tell me what your thoughts are on resistance exercise?
- Do you know of any positive effects of resistance exercise?
  - How would you feel about doing this kind of exercise?
  - If you wouldn't want to do this type of exercise, why not?
  - How could we encourage and support you to engage in this type of exercise?
  - What would make you feel more comfortable about doing it?
- Have you ever been told to do more exercise by a doctor?
  - How would you feel if another professional like a physiotherapist was to advise you to exercise?
- If you had a preference for exercise at home, in hospital or in the community where would you prefer to do the exercise?
- Would you prefer to participate in group with others like yourself or individual exercise sessions? Why?
- How often do you think you could do resistance exercise (how many times per week and for how long?)