

Supplementary File 3: codes, subthemes and themes

Code	Subtheme	Themes
Being more aware and concentrating on certain parts of the body, Beneficial because I'm not used to exercise, Broad set of movements, Doing exercises that don't necessarily do, Exercises make you more aware of what muscles you are exercising, I'm not into exercising, knowing my limits, Mismatch between perception and reality, Monitoring wellbeing, Pattern of moving, Reclaiming ability to move,	Physical literacy	Skills and capacity for movement
Am I doing it the right way, Apprehensive about starting, Baseline fitness, Engagement, Adding to physical activity repertoire after illness	How to exercise	
Accessibility, Exercises worked parts of my body that don't normally target, General impact, Muscles are stretched, Doing more exercise after doing MF, Doing new things, Reclaiming ability to move	Increasing capacity/capability	
Exercises worked parts of my body that don't normally target, Exercising new muscle groups, Impact on core strength	Different and new muscle groups	

11/08/2022

Page 1 of 5

Strength, Tone and strength as opposed to aerobic, Wanting to do aerobic exercise, Working all muscle groups	Different types of movement	
Conditioning, Cycle of increasing fitness and capacity, Exercise helping with resilience, Feeling stronger, Get into it as get used to it (gradual), Helping with stair climbing, Impact on ADL, Impact on core strength, Impact on fitness, Exercise for self-preservation	Conditioning for daily life	
Brain fog and covid, Impact on fatigue, Motivated to get back on track, Physical activity after covid, Put on weight with Covid,	Impact of illness	Opportunities, motivations and barriers to movement
Breaking sitting time, Busy job as barrier to being physically active, Forming habit, Incorporating exercises into daily life, More productive from being physically active, No need for special equipment, Realisation that can carve out time to be physically active, Spreading exercises over time,, Can focus on exercises, Children as barrier to time to be physically active, Clear and feasible to exercise in designated time, Being busy as a barrier	Opportunistic PA	

Able to schedule in exercises, Allowed for crazy days, Time to do the exercises, Timing,	Scheduling	
Children contributing to fatigue, Demotivating to see how fatigued I am, Fatigue after covid, Impact on fatigue,	Fatigue	
Doing other forms of exercise, Impact of external factors,	External factors	
Being part of a study helped someone focus on physical activity, Feeling pressure to exercise, Feeling stiff the next day helps me feel I have done something, Felt more motivated as I went on, , I didnt have time, I dont have the motivation and time, I'm not into exercising, Impact on mental health, Monitoring wellbeing, , Motivated to exercise to feel better, Motivated to get back on track, Motivated to lose weight, Motivation, Motivation to target stress, Relaxation after exercise, Spending time thinking about exercise but not doing it, Thinking about response gives motivation and monitoring of progress, Unless you have a natural interest you will not engage,	Pressure, motivations and incentives	

11/08/2022

Page 3 of 5

Used as a motivational tool, Using it to help with motivation,		
Accessibility, Engagement, Exercises are transportable, Initiation, Logging into a website presenting an extra barrier, No need for special equipment, Not having equipment to do exercises, Not having space to do exercises, Working all muscle groups,	Accessibility	
Feel that straining more, Get into it as get used to it (gradual), Helpful to see my progress,	Progress	A personalised safe space in which to develop
Positive effects on me, Relaxation after exercise, Harder to sleep after exercise, Feeling happier, Feeling more positive, Impact on mental health	Impacts, emotions and feelings	
don't think too much about how you are feeling as doesnt truly reflect, Exercises make you more aware of what muscles you are exercising, Hard to distinguish how I'm feeling, Impact on core strength, It made me feel less fit than I thought I was, Knowing what I have to work on, Making more aware of stress, Monitoring wellbeing, Proved that I needed to get fitter, Seeing how I'm doing as an aid to wellbeing, self- reflection, Signposting to self,	Self-reflection	

Understanding progress, Useful to have information available, Useful to see how I'm feeling,		
Adapting the exercises for myself, Flexibility with exercises, Relevance or tailored for that person,	Tailoring	
Gentle, Graded approach, Not invasive, gives the chance to do it, Steadying hand, Step by step approach is useful, Surreptitious exercise, safe exercises unlikely to cause injury, Non-judgemental,	Gentle/graded	
Own pace no pressure, Permission to not push, Pushing and not pushing,	Pushing/not pushing	
Guiding hand, Impact on fitness, Structured,	Guidance and structure	