

## Supplemental Material 2 – CERT Checklist

1. The participants need a broomstick, a chair and two bottles filled with water to do the exercises.
2. The exercise instructor holds a M.A. in sport and exercise science.
3. The exercises are performed individually.
4. The exercises are unsupervised and delivered through videos. The participants can ask questions to the exercise instructor in a chat.
5. Participants will receive a daily reminder via email to do an exercise and to fill out a physical activity diary. They can choose the time (in the morning, at noon or in the afternoon) they want to be reminded. At T1 they will be asked how many videos they watched.
6. The daily reminder contains small motivational messages, some related to the exercises (Extend your elbows when you are doing the broomstick activation today!), some convey knowledge about exercise (Housework and gardening also count as exercise, which can have a positive effect on your health!) or fun facts about animals (Agile frogs jump 35 times their body size from a standing start - what can you do?). The participants will receive once a week an overview of their physical activity diary, so they can see their progress.
7. The participants are encouraged to progress the exercises themselves. The intervention group receives information on the FITT (frequency, intensity, time, type) principle during the first week of intervention, the control group only the information described in 13.
8. See Supplemental Material 2 for all exercises.
9. The participants are encouraged to exercise as much as they want, any type they want.
10. The videos for the intervention group include elements of PAHCO alongside the exercises. Each of the 10 PAHCO factors is covered theoretically in a video and linked to the exercise. The control group receives no non-exercise components.
11. N/A
12. The participants exercise at home or at work, wherever they want.
13. The participants receive basic information on repetitions and sets for each exercise (2-3 sets with 10-12 repetitions for resistance exercises, 3 sets with 30 seconds exercise and 10 seconds rest for endurance exercises and no limits for stretches).
14. The exercises are self-tailored to participant preferences. The first exercise per week is the same for all participants, for the second they can choose between two exercises to adapt the intervention to their needs. For all exercises, optional

variations are given that are more challenging, so that the participants can choose to do them or the basic exercise.

15. All exercises can be performed with different difficulties, but the participants choose for themselves.

16. N/A