

## **Semi-Structured Interview Questions for Older Adults**

### **Physical activity behaviour prior to the COVID-19 pandemic**

#### **1. Please describe your exercise before the COVID-19 pandemic.**

- a. What did you do?
- b. What did you like or dislike about these exercise options?
- c. What motivated you?
- d. What was challenging?

### **Physical activity behaviour during the COVID-19 pandemic**

#### **2. How has your overall level of physical activity changed since the COVID-19 pandemic?**

- a. Has it decreased, increased, or stayed about the same?
- b. Where do you exercise (at-home, outside)?

#### **3. Tell me about supports (if any) you have received from exercise professionals to stay active during the COVID-19 pandemic.**

- a. Which type of supports have you received? (hard copy material/email/remote/virtual)
- b. What has worked the best?
- c. What has not worked well?
- d. What other support would you like to have?

#### **4. How does the support that you receive from exercise providers benefit you?**

#### **5. What has helped you to exercise or stay physically active during the COVID-19 pandemic?**

- **Capability:** knowledge, skill, physical capability
- **Opportunity:** time, equipment, space

- **Motivation:** support of others, physical and mental benefits, social benefits

**6. What has made it difficult for you to exercise or stay physical activity during the COVID-19 pandemic?**

- **Capability:** lack of knowledge, fatigue, physical health or function
- **Opportunity:** time, competing demands (e.g., care giving), lack of equipment, inadequate space
- **Motivation:** fatigue, pain, safety concerns, decreased mental health
- How can these barriers be overcome?

**Technology Feasibility, Access, and Use during the COVID-19 Pandemic**

**7. Have you adopted any new technology since the COVID-19 pandemic?**

- What technology? (equipment: computer, tablet, smartphone; programs: video chat)
- What have you used these technologies for?
- How did you learn to use it?
- How confident/comfortable are you in your ability to use these technologies?

**8. How have you used technology to virtually/remotely connect to exercise programs or supports during the COVID-19 pandemic?**

- What type of exercise program or information is provided to you? (classes, 1-on-1, program delivery)
- What worked best? What did not work well?
- How much did you use these technologies before the COVID-19 pandemic?
- How confident/comfortable are you in your ability to use these technologies?
- What aspects of technology make you uncomfortable?

**9. What has helped you to use technology during the COVID-19 pandemic?**

- **Capability:** knowledge, technical expertise, skill
- **Opportunity:** time, equipment/software
- **Motivation:** support of others, benefits of exercise, social benefit

**10. What has made it difficult to use technology during the COVID-19 pandemic?**

- **Capability:** knowledge, technical expertise, skill
- **Opportunity:** time, equipment/software
- **Motivation:** lack of interest/enthusiasm in learning new skills

**11. Is there anything else you would like to add?**