

Additional file 1: Table S1. Intervention content: description and component behaviour change techniques.

<i>Booklet section</i>	<i>Informational content / behaviour change recommendations *</i>	<i>Specific PA forms targeted in tips</i>	<i>Behaviour change techniques</i>
Motivational text	<ul style="list-style-type: none"> - Regular PA in older age protects physical and mental health. - PA includes aerobic, stretching, balance and strengthening. - Sitting time is a risk factor for physical health. - Limiting sitting to 20mins may protect health. - Context-dependent repetition forms habit, which can maintain behaviour. 	N/A	<p>Information on health consequences;</p> <p>Framing/reframing;</p> <p>Habit formation</p>
Tips	<p>“1. Leave the house daily: Ensure that you go out at least once a day. [...] Don’t hesitate to use a stick if you need to.”</p>	<p>No explicit PA form, but conducive to standing (balance) and walking (aerobic)</p>	<p>Action planning;</p> <p>Goal setting (behaviour);</p> <p>Adding objects to the environment</p>

	<p>“2. Make ad breaks active: When you watch TV, stand up or walk around during breaks between programmes. [...] Try to watch TV for no more than one hour at a time, including two active breaks. Leave the remote control by the TV so that you have to get up to change channel.”</p>	<p>Standing (balance) Walking (aerobic)</p>	<p>Prompts/cues; Goal setting (behaviour); Restructuring the physical environment; Habit formation</p>
	<p>“3. Take a stand: Stand up when waiting for a bus or train. Stay standing as long as possible. [...] Make the sight of an empty seat a reminder to stand up.”</p>	<p>Standing (balance)</p>	<p>Prompts/cues; Framing/reframing; Habit formation; Habit reversal</p>
	<p>“4. Time to stretch: If you are using a computer, set an alarm to go off every 20 minutes. When it rings, stand up and stretch, reaching your arms as high up as you can a few times. Hold each stretch for 10 seconds.”</p>	<p>Standing (balance) Stretching (flexibility)</p>	<p>Prompts/cues; Restructuring the physical environment; Instruction on how to</p>

			perform the behaviour; Habit formation
	“5. Tiptoe through the queue: When waiting in a queue ... stand on your tip toes and then drop back down onto your heels with a gentle bang and bounce. Use support if you need to.”	Standing (balance) Stretching (flexibility)	Instruction on how to perform the behaviour; Prompts/cues; Habit formation
	“6. Watch your step: Set a target of walking at least 1500 steps each day. This is equivalent to walking at a normal pace for about 30 minutes. You could start by aiming for 500 steps (10 minutes of walking), and gradually build it up over time. [...] Use a step counter to record your steps. [...] Look for opportunities to increase your steps, e.g. – take the lift to one floor below your destination and walk up the last staircase;	Walking (aerobic)	Goal setting (behaviour); Action planning; Graded tasks; Self-monitoring behaviour; Behaviour substitution

	<ul style="list-style-type: none"> - walk around your home when on the phone; - park further away from the supermarket entrance; - get off the bus a stop or two early; - find a slightly longer route to get home; - when meeting friends, go for a walk together rather than sitting down.” 		
	<p>“7. Sit to stand with no hands: Each time you stand up, try doing it without using your hands. Make sure your feet are flat on the floor and your chair is sturdy. [...] As you get up, try holding your position a few inches above the chair and count to ten. You could also try standing up and then sitting back down again, gradually doing more as it becomes easier.”</p>	<p>Standing (balance) Weight-bearing (muscle-strengthening)</p>	<p>Instruction on how to perform behaviour; Graded tasks; Habit formation</p>
	<p>“8. Improve your posture: [...] Stand with your back to the wall with your heels two inches from it. With your chin tucked in, move</p>	<p>Posture (flexibility)</p>	<p>Instruction on how to perform behaviour</p>

	the back of your head towards the wall.”		
	<p>“9. Limber up: Do these physical activities in the same order each morning, at your own pace:</p> <p>9a. Calf stretch</p> <p>9b. Chest stretch</p> <p>9c. Toe rises</p> <p>9d. Walk as if on a tightrope across the floor</p> <p>9e. March on the spot</p> <p>9f. Walk your fingers up the wall</p> <p>9g. Lift a tin of food in each hand.</p> <p>Handy hint: Put notes on your fridge, cupboard or wall to remind yourself to do your chosen activities.” **</p>	<p>Stretching (flexibility)</p> <p>Stretching (flexibility)</p> <p>Stretching (flexibility)</p> <p>Balance</p> <p>Marching (aerobic)</p> <p>Stretching (flexibility)</p> <p>Weight-bearing (muscle-strengthening)</p>	<p>Instruction on how to perform behaviour;</p> <p>Demonstration of behaviour;</p> <p>Graded tasks;</p> <p>Prompts/cues;</p> <p>Restructuring the physical environment</p>
	“10. Wall push-ups: do 10-push ups against a wall each morning.	Weight-bearing (muscle-	Instruction on how to

	[...] As your arms strengthen, increase the number of push-ups you do, resting for 1-2 minutes after every 10 push-ups.”	strengthening)	perform behaviour; Demonstration of behaviour; Graded tasks
Habit-formation advice	Importance of: - planning how, when and where to enact behaviour. - increasing activity intensity gradually. - repeating behaviour in stable settings - continuing repetition after missed opportunities - self-monitoring performance	N/A	Action planning; Graded tasks; Habit formation; Self-monitoring behaviour
Misc advice	- Respond to urges to sit by reviewing whether “you have done enough to have earned that seat”, i.e. at least 10 consecutive minutes of activity. - Monitor improvements in physical functioning arising from	N/A	Framing/reframing; Prompts/cues; Goal setting (behaviour); Self-monitoring outcome of

	adherence to tips.		behaviour
Supplementary tick-sheets	Daily self-monitoring record	N/A	Self-monitoring behaviour; Self-monitoring outcome of behaviour

* Tip descriptions are not comprehensive. Only text explicitly describing a behaviour change recommendation is included in this table; justifications or explanation of tips are not provided. ** Activities outlined in Tips 9a-9g and Tip 10 were outlined with extensive instructions and photographs, modelled by a female aged 66 years, to illustrate ergonomically correct procedures.