

Supplementary online material: Focus Group Interview Guide

1. What comes to mind when I say the words, “physical activity”?
2. What types of physical activity do you like to do, or usually do?
3. Why do you choose these activities over others?
4. What do you like best about these activities?
5. How do you think that Chinese culture and beliefs influence your physical activity?
6. For you, what are the benefits of being physically active?
7. For you, what are the disadvantages of being physically active?
8. What makes it easy for you to be physically active? [Prompt: access, cost, time, space, weather, formal program, group v. individual]
9. What things make it difficult for you to be physically active? [Prompt: access, cost, time, space (designated use), weather, safety, formal program, group v. individual, safety]
10. How would you describe the presence of physical activity in your community?
[PROMPT: who is physically active [e.g., gender, age, “types of people” e.g. certain occupations etc.), where are they physically active (e.g. community centers, outdoors, public spaces, etc.), what types of activities do you see people doing, when are they being active (e.g., certain days, times of day, types of events), frequency seen (frequent, or rare).
11. Do you think that other people in your community would want you to be physically active? Why or why not?
12. Do you think your spouses/family members/friends would want you to be physically active? Why or why not?

13. If people in your community are physically active, what reasons do you think they might have for physical activity?