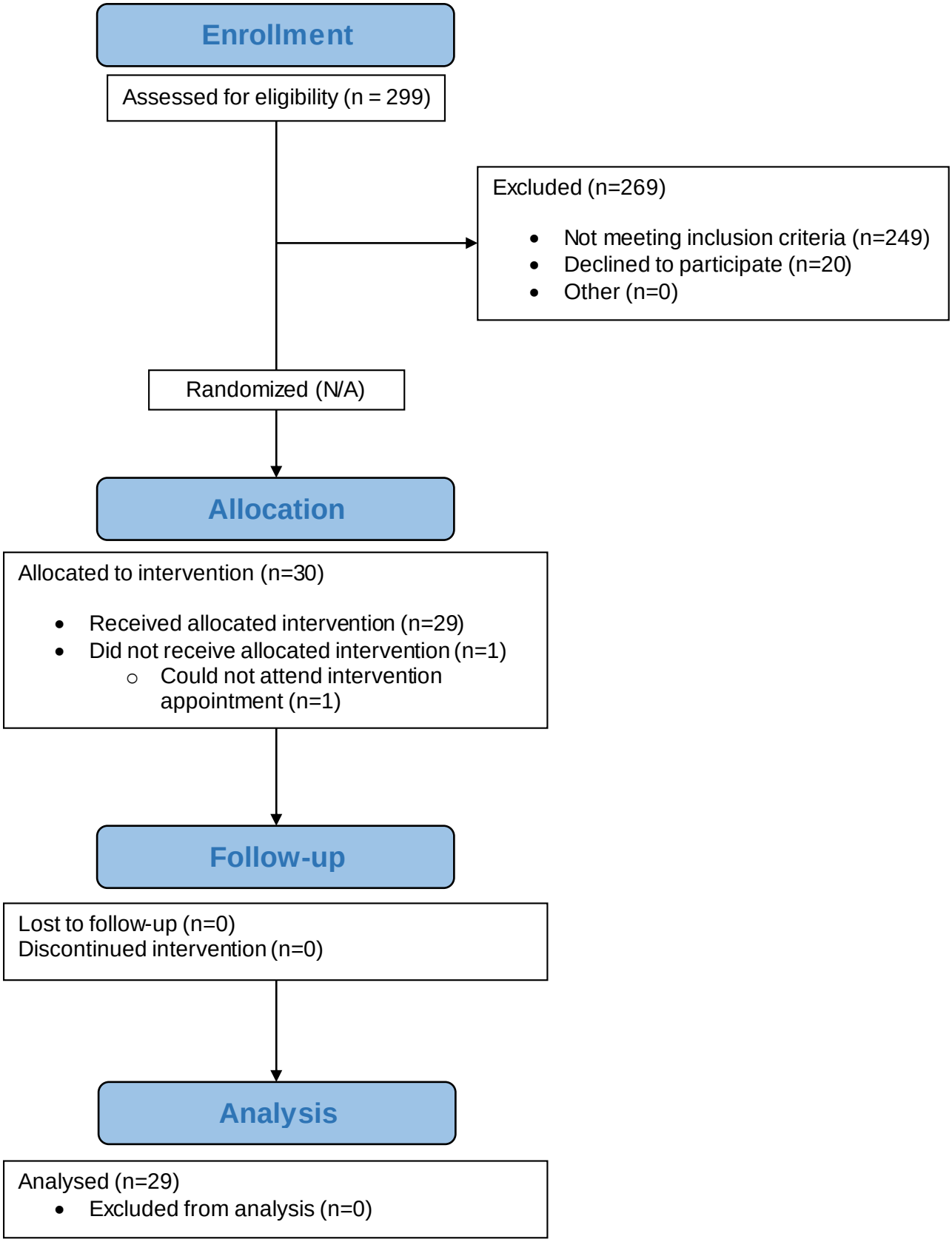
Participant Flow



Baseline characteristics

Characteristic	Recruited (*n* = 29)
Age (*yrs*), median (IQR)	70 (67-78)
Sex, *n* females (%)	21 (72)
SIMD 2012 rank (median (IQR))	5649 (3559-6307)
Distance from home to clinic (*miles*), median (IQR)	2.5 (1.5-3.7)

IQR, interquartile range; SIMD 2012, The Scottish Index of Multiple Deprivation 2012 divides Scotland into 6505 datazones, each datazone being ranked according to an index of multiple deprivation with rank 1 being the most deprived and rank 6505 the least deprived.

Outcome measures

Primary outcome measures

Measure	Rate
Recruitment (among those screened)	29/299 (9.7%)
Retention (to 12 weeks follow-up among those recruited)	29/29 (100%)

Secondary outcome measures

Measure	Pre-intervention	Post-intervention
CHAMPS, median (IQR)		
All physical activities	18 (11 to 28)*	20 (11 to 27)**
Moderate-intensity physical activities	5 (2 to 7)*	3 (2 to 8)**
Post-intervention questionnaire*****,** *yes*, n (%)		
Did attending the FFMOT assist you in identifying local physical activity opportunities or home exercise opportunities of interest to you?		21 (78)
Since attending the FFMOT have you attended any local organised physical activity sessions for the first time?		7 (25)
Since attending the FFMOT do you do more exercise at home or on your own than you did before the FFMOT?		13 (48)
Since attending the FFMOT have you taken up any physical activities that you had previously done in the past?		7 (25)
If you did take up any additional physical activity opportunities since attending the FFMOT, are you still participating in these?		9 (82)
Participant focus groups, groups (participants)		3 (17)
Semi-structured individual staff interviews, number of interviews		4

CHAMPS, Community Healthy Activities Model Program for Seniors physical activity questionnaire; FFMOT, Functional Fitness MOT; * (*n* = 28); ** (*n* = 26); *** (*n* = 27)

Adverse events

There were no adverse events associated with this trial.