Figure 1: Themes identified from older adults’ perceptions of adherence to community PA groups

**Basic Themes** | **Organising Theme** | **Global Themes**
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Minority group | Financial | Barriers
Lack of funding | Access | Motivators
Lack of appropriate accommodation | | 
Disparity with others | | 
Physical | | 
Psychological | | 
Limited capacity | | 
Socialisation | | 
Different group activities | | 
Positive health and wellbeing | | 
Variety of exercises | | 
Funding available | | 
Subsidised cost | | 
Lower level of difficulty | | 
Varied levels of difficulty | | 
Sense of belonging | | 
Financial Access | 
Sufficient capacity | 
Appropriate accommodation | 
Lower level of difficulty | 
Varied levels of difficulty | 
Sense of belonging | 
Financial | 
Access | 
Variety of exercises | 
Enablers