

Table 1. *Focus group topic guide*

Tell me about your experiences of attending this physical activity group?

What makes you want to keep coming to the group?

Do you think you would have continued to carry out physical activities yourself if you were not coming here?

Do you attend any other physical activity groups?

What do you gain from attending these groups?

What motivates you to keep attending these groups?

Are there any difficulties in attending these groups?

Is there anything that you feel needs to change to make it easier for you to keep coming to the group?