**SUPPLEMENTARY MATERIAL**

**Supplementary Table S1.** Search strategy (according to PubMed terminology)

|  |  |
| --- | --- |
| 1 | (Aged[mh] OR "older adults"[tiab] OR "older people"[tiab] OR "older persons"[tiab] OR older population\*[tiab] OR "older age"[tiab] OR elder[tiab] OR elderly[tiab]) AND |
| 2 | ( "Motor Activity"[mj:noexp] OR Exercise[mj:noexp] OR "Exercise Therapy"[mj:noexp] OR "Occupational therapy"[mj] OR "Resistance Training"[mj] OR Resistance exercise\*[tiab] OR "Muscle Strength"[mj] OR "strength training"[tiab] OR strength exercise\*[tiab] OR "Physical Fitness"[mj] OR "Postural Balance"[mj] OR exercise program\*[Title/Abstract] OR training program\*[Title/Abstract] OR functional exercise\*[Title/Abstract] OR functional training[Title/Abstract] OR physical exercise\*[Title/Abstract] OR "physical training"[Title/Abstract] OR "Physical Fitness"[Title/Abstract] OR home exercise\*[Title/Abstract] OR home based exercise\*[Title/Abstract] OR "home based training"[Title/Abstract] OR personal exercise\*[Title/Abstract] OR personalized exercise\*[Title/Abstract] OR individual exercise\*[Title/Abstract] OR individualized exercise\*[Title/Abstract] OR "Occupational therapy"[tiab] OR "Resistance Training"[Title/Abstract] OR "Muscle Strength"[Title/Abstract] OR "Postural Balance"[Title/Abstract] OR "balance training"[tiab] OR balance exercise\*[tiab]) AND |
| 3 | ("Life Style"[mj] OR "Activities of Daily Living"[mj] OR “health promotion”[mj:noexp] OR lifestyle[tiab] OR "daily life"[tiab] OR "daily living"[Title/Abstract] OR daily routine\*[tiab] OR daily activit\*[tiab] OR "Habits"[mh] OR Activity Habit\*[tiab]) AND |
| 4 |  (randomized controlled trial [pt] OR controlled clinical trial [pt] OR randomized [tiab] OR placebo [tiab] OR clinical trials as topic [mesh: noexp] OR randomly [tiab] OR trial [tiab] OR "longitudinal studies"[mh] OR “feasibility studies”[mh] OR “pilot projects”[mh]) |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Selection bias | Performance bias | Attrition bias | Reporting bias |
|  | Sequence generation | Allocation concealment | Blinding of participants and personnel | Incomplete outcome data | Selective outcome reporting |
| **Randomised controlled trials** |
| Burton et al. [1, 2] | ○ | ○ | ○ | ○ | ○ |
| Clemson et al. [3] | ○ | ○ | ○ | ○ | ○ |
| Clemson et al. [4] | ○ | ○ | ○ | ○ | ○ |
| Grönstedt et al. [5] | ○ | ○ | ● | ○ | ○ |
| Kerse et al. [6] | ○ | ○ | ○ | ○ | ○ |
| Peri et al. [7] | ○ | ○ | ● | ○ | ○ |
| **Non-randomised studies** |
| Burton et al. [8] | ● | ● | ● | ○ | ○ |
| Fleig et al. [9] | ● | ● | ● | ○ | ○ |
| Keay et al. [10] | ● | ● | ● | ○ | ○ |
| Opdenacker et al. [11-13]; Van Roie et al. [14] | ● | ● | ○ | ○ | ○ |

**SupplementaryTable S2.** Assessmentof risk of bias of included studies

# References

1. Burton, E., et al., *Effectiveness of a lifestyle exercise program for older people receiving a restorative home care service: a pragmatic randomized controlled trial.* Clin Interv Aging, 2013. **8**: p. 1591-601.

2. Burton, E., et al., *Long-term benefits of a lifestyle exercise program for older people receiving a restorative home care service: a pragmatic randomized controlled trial.* Healthy Aging & Clinical Care in the Elderly, 2014. **6**: p. 1-9.

3. Clemson, L., et al., *LiFE Pilot Study: A randomised trial of balance and strength training embedded in daily life activity to reduce falls in older adults.* Aust Occup Ther J, 2010. **57**(1): p. 42-50.

4. Clemson, L., et al., *Integration of balance and strength training into daily life activity to reduce rate of falls in older people (the LiFE study): randomised parallel trial.* Bmj, 2012. **345**: p. e4547.

5. Grönstedt, H., et al., *Effects of individually tailored physical and daily activities in nursing home residents on activities of daily living, physical performance and physical activity level: a randomized controlled trial.* Gerontology, 2013. **59**(3): p. 220-9.

6. Kerse, N., et al., *Does a functional activity programme improve function, quality of life, and falls for residents in long term care? Cluster randomised controlled trial.* Bmj, 2008. **337**: p. a1445.

7. Peri, K., et al., *Does functionally based activity make a difference to health status and mobility? A randomised controlled trial in residential care facilities (The Promoting Independent Living Study; PILS).* Age Ageing, 2008. **37**(1): p. 57-63.

8. Burton, E., G. Lewin, and L. Clemson, *Determining the feasiblity of a lifestyle activity program for inclusion in a restorative home care service: a pilot study.* Activities, adaptation & aging, 2014. **38**(2): p. 79-93.

9. Fleig, L., et al., *Health behavior change theory meets fall prevention: feasibility of a habit-based and strength exercise intervention for older adults.* Psychology of Sport and Exercise, 2016. **22**: p. 114-122.

10. Keay, L., et al., *Feasibility and acceptability of orientation and mobility instructors delivering the LiFE falls prevention program to older people with vision impairment.* International Journal of Orientation & Mobility, 2015. **7**(1): p. 22-33.

11. Opdenacker, J., et al., *Effectiveness of a lifestyle intervention and a structured exercise intervention in older adults.* Prev Med, 2008. **46**(6): p. 518-24.

12. Opdenacker, J., C. Delecluse, and F. Boen, *The longitudinal effects of a lifestyle physical activity intervention and a structured exercise intervention on physical self-perceptions and self-esteem in older adults.* J Sport Exerc Psychol, 2009. **31**(6): p. 743-60.

13. Opdenacker, J., C. Delecluse, and F. Boen, *A 2-year follow-up of a lifestyle physical activity versus a structured exercise intervention in older adults.* J Am Geriatr Soc, 2011. **59**(9): p. 1602-11.

14. Van Roie, E., et al., *Effectiveness of a lifestyle physical activity versus a structured exercise intervention in older adults.* J Aging Phys Act, 2010. **18**(3): p. 335-52.