

## Additional file 4. Complete overview of the FGD analysis, results from FL group 2

Main categories	Generic categories	Sub-categories	Meaning Units
Body-related factors	Activity Aspects	Physical Activity	<i>Go out for a bike ride</i>
			<i>I am physically active/I move about</i>
			<i>I do gymnastics</i>
			<i>Kept up the exercise</i>
			<i>To keep up</i>
			<i>To move about/ to exercise</i>
	Health Aspects	To occupy one self (new)	<i>To work in garden</i>
			<i>To have something to do</i>
		Physical function (new)	<i>You occupy your self all day</i>
			<i>The body does what you want it to do</i>
			<i>To be able to do what you want</i>
		Gut health (new)	<i>To feel that the stomach works properly</i>
			<i>That the stomach feels fine</i>
Healthy food (new)	<i>Eating the right things</i>		
	<i>Healthy food</i>		
	<i>Keeping the blood sugar on a reasonable level</i>		
Subjective health	<i>No ailments</i>		
	<i>No being in any kind of pain</i>		
Self-related factors	Capability Aspects	Being content (new)	<i>To feel healthy</i>
			<i>To be content with life</i>
		Cultural activities (new)	<i>To be content with your self</i>
			<i>I read quite a lot</i>
			<i>Music</i>
			<i>Nice to get away (travel)</i>
			<i>Solving cross word puzzles</i>
			<i>To attend a show/performance of some kind</i>
			<i>To be curious about other people</i>
			<i>Genealogy research</i>
			<i>Have a fun hobby</i>
			<i>Hunting</i>
		<i>Just do fun things</i>	
Curiosity for others (new) Engaging in lustful activities (new)	<i>Made a lot of bird feeders</i>		
	<i>Own a dog</i>		
	<i>To do something that you perceive as fun</i>		
Enjoying life	<i>Wild life management</i>		
	<i>To enjoy</i>		
Gratitude	<i>To enjoy doing things makes you feel healthier</i>		
	<i>Grateful for each day you are able to get out of bed</i>		
	<i>Life is good</i>		
Positive attitude (new)	<i>To feel grateful</i>		
	<i>Be nice to others</i>		
	<i>Be nice to your self</i>		
			<i>Be positive</i>

			<p><i>No to get annoyed/irritated by other people</i></p> <p><i>Smile to people makes you happy</i></p> <p><i>To be able to forgive your self and others</i></p> <p><i>Have something to look forward to</i></p> <p><i>To think ahead</i></p> <p><i>What you have to look forward to</i></p>
		The ability to look forward to things	
		To experience nature (new)	<p><i>I love the forest</i></p> <p><i>Nature</i></p> <p><i>The sun</i></p> <p><i>To feel united with nature</i></p> <p><i>To get the feeling that you are one with all of it (nature)</i></p> <p><i>To walk around in the forest and picking mushrooms</i></p> <p><i>To manage well economically</i></p>
External Factors	Demographic Aspects	Economy	
	Environmental Aspects	Modern technology (new)	<p><i>It has endless possibilities (the tablet)</i></p> <p><i>One of these iPhones any idiot can (manage), it's enough just to look at it</i></p> <p><i>Smartphone is easy (to use)</i></p> <p><i>The smart tablet does what I want it to do</i></p> <p><i>The smart tablet thinks as my brain</i></p> <p><i>To be positive about modern technology</i></p> <p><i>To see the possibilities (with modern technology)</i></p> <p><i>You can do so much with a smart phone</i></p>
	Social Aspects	Thriving at home (new)	<i>Fun/feels good to come home (from trips)</i>
		Family (new)	<p><i>Having a god family relationship</i></p> <p><i>To feel good with the people that are around you</i></p> <p><i>To play with the grandchildren</i></p> <p><i>You (rather) want to do something with them (children and grandchildren)</i></p> <p><i>You have good friends and neighbors</i></p>
		Feeling safe with your network (new)	<p><i>To feel safe by having contacts</i></p> <p><i>To get help if you need it (by social network)</i></p>
		Social network	<p><i>A lot of fun to go out with friends</i></p> <p><i>Coworkers</i></p> <p><i>The importance of social (network)</i></p> <p><i>The social network is quite important</i></p> <p><i>To manage well socially</i></p>