

Additional file 5. Complete overview of the FGD analysis, results from SA group 1

Main categories	Generic categories	Sub-categories	Meaning Units				
Body-related factors	Activity Aspects	Physical Activity	<i>Go for a morning walk</i>				
			<i>Out running in the woods</i>				
			<i>To be able to use your legs</i>				
			<i>To be able to walk</i>				
			<i>To be able to walk and run</i>				
			<i>To move about</i>				
			<i>To move about is good</i>				
			<i>When running my quick round (it feels good)</i>				
			<i>Wonderful to walk, jog a little</i>				
			<i>Feels good when you've made an effort</i>				
	Autonomy Aspects	Physical exertion (new)	<i>The satisfaction that comes when you've made an effort</i>				
			<i>You push (the body) as much as you can</i>				
			<i>To be able to do you usual things</i>				
Health Aspects	Maintaining daily routines (new)	<i>To get out of bed in the morning</i>					
		<i>As long as I'm healthy I want to be in charge of my self</i>					
	Staying independent (new)	<i>To be able to make your own decision</i>					
		<i>To eat a lot of vegetables</i>					
		<i>To eat wisely (more vegetables)</i>					
Self-related factors	Adjustment Aspects	Healthy food (new)	<i>To lie down for a moment everyday</i>				
			<i>To sleep several hours at a stretch makes one happy</i>				
	Capability Aspects	Sleep (new)	Subjective health	<i>To be healthy</i>			
				<i>To feel healthy and strong</i>			
		Water	Appreciate everyday life (new)	<i>To drink water is of importance</i>			
				<i>You learn to appreciate everyday thing</i>			
		Being content (new)	To accept one self (new)	<i>You learn to appreciate the small things</i>			
				<i>Being content with your day</i>			
		Cultural activity (new)	Act of kindness (new)	Enjoying tasty food (new)	<i>If you have done what you could it is good</i>		
					<i>To be content</i>		
Silence (new)	Act of kindness (new)		Enjoying tasty food (new)	<i>To accept that you are who you are and that there will be changes</i>			
				<i>To accept that you don't manage (physically) as much as before</i>			
	Cultural activity (new)		Act of kindness (new)	Enjoying tasty food (new)	<i>Nice to get out for lunch once in a while</i>		
					<i>Satisfactory to help others to succeed</i>		
			Cultural activity (new)	Act of kindness (new)	Enjoying tasty food (new)	<i>Stimulating to help others</i>	
						<i>To do things together in groups give satisfaction</i>	
				Cultural activity (new)	Act of kindness (new)	Enjoying tasty food (new)	<i>To help kids in the forest (with maps) is fun</i>
							<i>Gets happy when listening to jazz</i>
Cultural activity (new)	Act of kindness (new)	Enjoying tasty food (new)	<i>Listening to classical music</i>				
			<i>Music is for the soul</i>				
Cultural activity (new)	Act of kindness (new)	Enjoying tasty food (new)	<i>To do oil painting</i>				
			<i>To go o the theatre</i>				
Cultural activity (new)	Act of kindness (new)	Enjoying tasty food (new)	<i>To rock to music makes you happy</i>				
			<i>Being able to enjoy tasty food with a glass of wine</i>				
Cultural activity (new)	Act of kindness (new)	Enjoying tasty food (new)	<i>To hear the silence</i>				
			<i>To hear the silence</i>				

			<p><i>Silence makes you feel well</i></p> <p><i>Feels very good when out in nature</i></p> <p><i>The fragrance of the forest</i></p> <p><i>To be outdoors</i></p> <p><i>To be outdoors in nature</i></p> <p><i>To be outdoors in the forest/woods in the summer and in the winter</i></p> <p><i>To get away from the noise in the city</i></p> <p><i>To hear chirping of birds</i></p> <p><i>To listen to the birds</i></p> <p><i>When it blooms</i></p> <p><i>Wonderful to listen to the Blackbird</i></p>
		To experience nature (new)	
			<p><i>Satisfaction when you have a goal and when you reach it</i></p> <p><i>There is a drive</i></p>
		To have goals (new)	
			<p><i>To live today and not look back</i></p>
		To live in the presence (new)	
		To SEE nature (new)	<p><i>A delight to the eye when you see a nature scene</i></p> <p><i>Soothing to watch the sunset</i></p> <p><i>To see the colors (in the nature)</i></p>
External Factors	Environmental Aspects	<p>Accessible health care (new)</p> <p>Being content with your housing situation (new)</p>	<p><i>Health care and doctors</i></p> <p><i>Environment/surroundings is important</i></p> <p><i>It is really good where I live</i></p> <p><i>The housing situation means a lot</i></p> <p><i>To be grateful for your housing situation</i></p>
	Social Aspects	<p>Modern Technology (new)</p> <p>Being important to others</p> <p>Family (new)</p> <p>Food (new)</p> <p>Social activities (new)</p>	<p><i>There are both upsides and downsides with modern technology</i></p> <p><i>We benefit from the rapid development of technology, it increases our chances to survive</i></p> <p><i>Satisfactory to know that you will be missed if you are not there</i></p> <p><i>To receive satisfaction from others</i></p> <p><i>You feel that you are needed</i></p> <p><i>Fun to see the grandchildren</i></p> <p><i>Positive to have family, children, and grandchildren</i></p> <p><i>To hug your grandchildren</i></p> <p><i>It always tastes better to eat together with someone</i></p> <p><i>Tasty food is a social matter</i></p> <p><i>Be involved in social interactions</i></p> <p><i>Enjoy meeting people</i></p> <p><i>Go out together</i></p> <p><i>It's never dull to spend time with (these) friends</i></p> <p><i>Spend time with young orienteers</i></p> <p><i>The social part of meeting people is very important</i></p> <p><i>To talk to people</i></p> <p><i>You receive more and more friends</i></p>