

Additional file 6. Complete overview of the FGD analysis, results from SA group 2

Main categories	Generic categories	Sub-categories	Meaning Units	
Body-related factors	Activity Aspects	Physical Activity	<i>Cross-country skiing</i>	
			<i>Exercise</i>	
			<i>Hiking in Kilsbergen if the weather is right</i>	
			<i>Nice to bicycle along the rivers</i>	
			<i>Take a walk everyday before breakfast</i>	
			<i>To be out on the golf course for a few hours</i>	
			<i>To find control points in the forest</i>	
			<i>To move about</i>	
			<i>To take walks in the forest</i>	
			<i>You have to keep moving about</i>	
Self-related factors	Health Aspects	Annual health check	<i>Attend to annual health check</i>	
		Healthy food (new)	<i>Eat as healthy as possible</i>	
			<i>You have to eat right</i>	
		Not to be stressed (new)	<i>Important to not be stressed</i>	
		Subjective health	<i>To be healthy</i>	
		Adjustment Aspects	To have time (new)	<i>To have time to do things</i>
				<i>To own your time</i>
		Capability Aspects	Cultural Activity (new)	<i>Beautiful music</i>
				<i>Culture</i>
				<i>Dancing</i>
<i>Music</i>				
<i>Nice trips</i>				
<i>Read books</i>				
<i>Take classes</i>				
<i>Tasty food</i>				
<i>To attend a concert</i>				
<i>To be involved in a non-profit organization</i>				
Self-related factors	Adjustment Aspects	To have time (new)	<i>To travel</i>	
			<i>Watch a movie</i>	
			Engaging in lustful activities (new)	<i>Do things that are perceived as fun</i>
			<i>Engage in things that are pleasurable</i>	
			Experience new things (new)	<i>Do things that you haven't done before</i>
			<i>Experience new things</i>	
			<i>Experience new places</i>	
			Positive attitude (new)	<i>To possess a positive attitude (towards life)</i>
			To be committed (new)	<i>To have a commitment (to things?)</i>
			“To create” food (new)	<i>Cooking is a lot of fun</i>
Self-related factors	Adjustment Aspects	To have time (new)	<i>Satisfactory when you are able to grow your own food</i>	
			To enjoy the presence (new)	<i>Enjoy for as long as you can</i>
			<i>Enjoy the moment</i>	
			<i>Take pleasure in the little things</i>	
			<i>Take the opportunity and enjoy for as long as you are healthy</i>	
			To experience nature (new)	<i>Be fond of nature</i>

			<i>Be outdoors in daylight</i>
			<i>Get outdoors and just enjoy your self</i>
			<i>Listen to birdsong</i>
			<i>Satisfactory when you have done something good</i>
			<i>Sit outdoors and have a coffee</i>
			<i>To be outdoors a lot</i>
			<i>Walk about in the forest/woods</i>
			<i>Walk around in the forest and pick berries</i>
		To have goals (new)	<i>To have a goal</i>
		To SEE nature (new)	<i>It's the nicest thing in the spring when you see the greenery</i>
External Factors	Environmental Aspects	Thriving at home (new)	<i>Delightful to be at home</i>
			<i>Nice to be at home</i>
			<i>To thrive where you live</i>
			<i>We have a covered terrace that I love</i>
	Social Aspects	Family (new)	<i>Children</i>
			<i>Grandchildren</i>
			<i>To be together with the grandchildren</i>
		Social relations (new)	<i>Feels nice at home</i>
			<i>Good to have contacts</i>
			<i>Nice friends</i>