

**Have you done any balance training in the last 6 months?**

- No  
 Yes
- Simple exercises at home (e.g. brushing teeth on one leg)  
 Tai Chi or Qi Gong (outside of the study)  
 Dancing  
 Exercise programme, as recommended in the brochure "Balance & Strength"  
 Other courses or special training offer  
 Physiotherapy
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**Have you done any strength training in the last 6 months?**

- No  
 Yes
- Simple exercises at home (e.g. with elastic exercise band)  
 Sports club or fitness center  
 Exercise programme, as recommended in the brochure "Balance & Strength"  
 Other courses or special training offer  
 Physiotherapy  
 Regular outdoor exercise (e.g. hiking)
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**In the last 6 months, have you paid more attention on calcium intake than before? (E.g. through milk, dairy products or in tablet form)**

- Yes     No     I don't know
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**In the last 6 months, have you paid more attention to your vitamin D supply than before? (Staying in the sun, food such as fish, eggs, as a dietary supplement)**

- Yes     No     I don't know

**Have you paid more attention to safe footwear in the last 6 months than before?**

- Yes     No     I don't know

**Have you made your living environment safer in the last 6 months? (e.g. better lighting, avoidance of tripping hazards or slippery surfaces, railings and handles)**

- Yes     No     I don't know

**Have you visited Internet addresses from the brochure "Balance & Strength" to get ideas for fall prevention?**

- Yes, many     Only some     No     I don't know

**What was helpful for your motivation for the training?**

- Suggestions through the brochure „Balance & Strength“
- Motivation by study personnel / training group leaders
- A personal goal that I want to achieve through the exercises
- The documentation in the training diary
- I train so as not to fall
- Exercise manual or DVD from the ENTAIER study
- Exchange with other study participants
- Others \_\_\_\_\_

**Have you attended Tai Chi classes in the last 6 months (outside the study)?**

- Yes     No

**Have you attended eurythmy courses or eurythmy therapy in the last 6 months (outside the study)?**

- Yes     No