Recruitment by oral presentation, leaflets, newspaper advertisements

Initial contact via phone including prescreening for eligibility by a research assistant

Informed consent and baseline assessments

Inclusion and computer-based randomization of older people (n = 180)

- **Germany**
  - Intervention group (n = 30)
  - Control group (n = 30)

- **Spain**
  - Intervention group (n = 20)
  - Control group (n = 20)

- **Australia**
  - Intervention group (n = 30)
  - Control group (n = 30)

16-week iStoppFalls exercise intervention

Assessments post intervention

8-week follow-up with falls calendars