Assessed for eligibility (32 communities)

Enrolled to random sampling (32 communities: 10 HPD, 11 MPD, 11 LPD)

Randomized (12 communities: 4 HPD, 4 MPD, 4 LPD)

Allocated to control group:
(3 communities: 1 HPD, 1 MPD, 1 LPD)

Allocated to intervention group:
(9 communities: 3 HPD, 3 MPD, 3 LPD)

Allocated to group AFM:
Aerobic, flexibility, and muscle-strengthening activities group
(3 communities: 1 HPD, 1 MPD, 1 LPD)

Allocated to group FM:
Flexibility and muscle-strengthening activities group
(3 communities: 1 HPD, 1 MPD, 1 LPD)

Allocated to group A:
Aerobic activity group
(3 communities: 1 HPD, 1 MPD, 1 LPD)

Baseline survey: Posting questionnaires to 6000 (1500 in each group) random participants (12 communities)

Respond to survey:
1112 (74.1%) samples
Included in evaluation:
1078 respondents
Excluded from evaluation:
34 respondents who could not walk unaided

Respond to survey:
1145 (76.3%) samples
Included in evaluation:
1107 respondents
Excluded from evaluation:
38 respondents who could not walk unaided

Respond to survey:
1150 (76.7%) samples
Included in evaluation:
1107 respondents
Excluded from evaluation:
43 respondents who could not walk unaided

Respond to survey:
1152 (76.8%) samples
Included in evaluation:
1122 respondents
Excluded from evaluation:
30 respondents who could not walk unaided

Intervention at the community level (3 groups, 9 communities)

1-year follow-up survey: Posting questionnaires to respondents who responded to baseline survey

Excluded from survey:
0 communities
10 samples
(6 deaths and 4 moves)
Lost to follow up:
0 communities
182 samples did not respond to follow-up survey
Excluded from per protocol analysis:
17 samples could not walk unaided

Excluded from survey:
0 communities
10 samples
(8 deaths and 2 moves)
Lost to follow up:
0 communities
182 samples did not respond to follow-up survey
Excluded from per protocol analysis:
19 samples could not walk unaided

Excluded from survey:
0 communities
9 samples
(7 deaths and 2 moves)
Lost to follow up:
0 communities
220 samples did not respond to follow-up survey
Excluded from per protocol analysis:
20 samples could not walk unaided

Analysis:
3 communities
1078 samples
(Intention-to-treat analysis)
844 samples
(Per protocol analysis)

3 communities
1107 samples
(Intention-to-treat analysis)
898 samples
(Per protocol analysis)

3 communities
1107 samples
(Intention-to-treat analysis)
859 samples
(Per protocol analysis)

3 communities
1122 samples
(Intention-to-treat analysis)
906 samples
(Per protocol analysis)