### Questions About the Last 6 Months

**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

**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)

**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

**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
Questions About the Last 6 Months

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