

Tables

Table 1 - Characteristics of the participants taking part in a semi-structured telephone interview

Pseudonym	Gender	Age	Cancer	Cancer status
Linda	Female	51	Breast	Not known
John	Male	63	Bowel	In remission
Zara	Female	50	Breast	In remission
Penny	Female	47	Skin Lymphoma	Cancer present
Lucy	Female	28	Breast	Not known
Helen	Female	49	Breast	Not known
Nigella	Female	58	Non-Hodgkin's Lymphoma	Cancer present
Serena	Female	45	Breast	In remission
Claire	Female	58	Skin Melanoma	Not known
Ellen	Female	50	Breast	In remission
Katherine	Female	50	Ovarian	In remission
Danielle	Female	58	Breast	Not known
Anthony	Male	68	Bladder	In remission
David	Male	67	Leukemia	In remission
Becky	Female	48	Breast	In remission
Hilary	Female	80	Liver	In remission
Carmen	Female	51	Pancreatic	Cancer present

Table 2. Use of the components of the Move More Pack

Move More Pack component	Use				Mean of coded values (ranking)
	Never – n (%)	Rarely – n (%)	Sometimes – n (%)	Often – n (%)	
Printed components					
Guide to becoming active	59 (32.6)	38 (21.0)	65 (35.9)	19 (10.5)	1.24 (2)
Physical activity and cancer booklet	39 (21.5)	47 (26.0)	81 (44.8)	14 (7.7)	1.39 (1)
Pull-out wall chart	103 (56.9)	39 (21.5)	21 (11.6)	18 (9.9)	0.75 (3)
DVD (inserted)	107 (59.1)	36 (19.9)	26 (14.4)	12 (6.6)	0.69 (4)
Internet tools					
Online forum: Talk about being active	151 (83.4)	20 (11.0)	10 (5.5)	0 (0.0)	0.22 (8)
Online forum: Ask the physio	161 (89.0)	15 (8.3)	5 (2.8)	0 (0.0)	0.14 (9)
DVD (online)	141 (77.9)	20 (11.0)	15 (8.3)	5 (2.8)	0.36 (6)
Digital apps	148 (81.8)	19 (10.5)	10 (5.5)	4 (2.2)	0.28 (7)
Find activities near you	120 (66.3)	25 (13.8)	23 (12.7)	13 (7.2)	0.61 (5)

Never use was coded as 0, Rarely 1, Sometimes 2, and Often 3

Table 3. Rating of the helpfulness of the e-newsletters in getting participants more active

The e-newsletters were helpful in getting me more active							
Strongly disagree – n (%)	Disagree – n (%)	Somewhat disagree - n (%)	Neither agree nor disagree n (%)	Somewhat agree - n (%)	Agree – n (%)	Strongly agree - n (%)	I did not read the e-newsletters – n (%)
10 (5.5)	10 (5.5)	18 (9.9)	54 (29.8)	28 (15.5)	30 (16.6)	11 (6.1)	20 (11.0)