**Supplementary File**

**FGD GUIDE (PHASE 1)**

* Discuss your daily routine
* What do you do to relax?
* How do you spend your time on weekends?
* Do you exercise? Discuss type of exercise.
* How often do you exercise?
* Do you feel the compulsion to exercise?
* Do your friends exercise on a daily basis? Discuss
* Share your experience of exercise in school years and post-employment (i.e. Discuss any similarities and differences)
* Can you talk about the similarities and differences between your generation and your parents’ generation regarding exercise?
* What are some reasons that prevent you from exercising?
* What are some reasons that enable you to exercise?
* Are you aware of any facilities in your neighborhood for doing exercise? Discuss
* How do you commute to your workplace?

**FGD GUIDE (PHASE 2)**

Following questions were loosely framed as a guide:

* How did you feel about participating in the ‘Morning Walk’ program?
* How did you feel on completing the ‘Morning Walk’ program? Please share your experiences of the program.
* What are the factors / things / beliefs which help a mother to take part in exercise?
* What are the factors / things / beliefs which hinder a mother to take part in exercise?