

TABLE 2. Top Themes Ranked By Frequency of Occurrence.

		TOTAL	AEROBIC	FLEXIBILITY	HOME	DROPOUT
Perspectives at Beginning of Study	<b>Motivations for entering the Stay Active study</b>					
	To try to delay the progression of PD	5	2	2	0	1
	Physician suggested that it would be a good idea	5	1	1	2	1
	To manage symptoms or help self in some way	4	2	0	2	0
	To help with the study	4	0	2	1	1
Experience During the Study	<b>Increase in activity levels during the study</b>					
	Range	1-5	4-5	3-5	1-5	/
	Mean	4	4.4	4	3.2	/
	SD	1.17	0.55	1.16	1.48	/
	<b>Motivations for completing the Stay Active study</b>					
	Sense of importance in fulfilling one's commitments	6	1	2	3	/
	Liked structure to support regular exercise routine	3	2	0	1	/
	Felt better or enjoyed it	3	2	1	0	/
	Interested in outcome	1	0	1	0	/
	Family support	1	0	1	0	/
	To slow the progression of PD	1	1	0	0	/
	<b>Barriers to participation in the study</b>					
	Transportation/distance	6	3	1	1	1
	Other time conflicts	6	3	2	0	1
	Other non-PD related medical issues	7	3	1	1	2
Exercise Behaviour After The Study	<b>Activity levels after the study</b>					
	Range	30-100%	50-100%	85-100%*	30-80%*	50-60%*
	Mean	60%	83.5	91.7%	63.5%	55%
	<b>Motivators for continuing to exercise after the study</b>					
	To keep the PD symptoms from getting worse	4	2	0	1	1
	Family support/encouragement	3	1	2	0	0
	Feeling physically better with exercise	3	0	1	2	0
	Knowing exercise is good for you	3	1	1	0	1
	Feeling mentally/emotionally better with exercise	3	0	1	2	0
	<b>Barriers to continued activity after the study</b>					
	Decline in health unrelated to PD	4	0	1	2	1
	Other time commitments	3	2	1	0	0
	Poor motivation	3	0	0	2	1
Needs To Stay Active	<b>Things that providers can do to encourage exercise</b>					
	Produce evidence that exercise is beneficial in PD	6	2	1	1	2
	Alert them to available exercise programs	4	1	1	0	2
	Encourage participation in exercise	4	0	1	2	1
	Be aware of available studies	4	0	1	1	2
	Educate Neurologists	1	1	0	0	0
	<b>What the community could provide to support exercise</b>					
	Make exercise more affordable	4	2	2	0	0
	More exercise facilities available closer to home	1	1	0	0	0
	Tailor exercise to physical needs of individual	1	1	0	0	0
	<b>Things that could improve an exercise study</b>					
	More sites for study	4	3	0	0	1
	Make it easier to get to the facility	3	2	1	0	0
	Combine types of exercises	3	1	1	1	0
	* based upon limited responses					