**Feasibility of a Latin Dance Program with mHealth for Middle-Aged and Older Latinxs (BAILA TECH)**

Supplemental content

**List of text messages content**

Thank you for agreeing to participate in the BAILA TECH study. Please check below the text messages topics you would like to receive:

* Motivational messages
* Suggestions to move
* Exercising with family
* Exercising with friends
* Physical activity and mental health
* General health messages
* Dance
* Fitbit-related
* Sedentary behavior
* Class reminders

If you would like to write and receive your own messages, please use the space below to write the messages

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**Example questions from post program interviews**

* What did you think about the dance program? (How was the instructor? The dance styles taught? Time of the program? Duration of the sessions and the program?)
* What did you think about wearing the Fitbit? (Was it useful/not useful? Easy/difficult? Do you have any concerns with the Fitbit?)
* What about using the Fitbit app? (Was it useful/not useful? Easy/difficult? Do you have any concerns with the Fitbit app?)
* What did you think about the Fitbit instructional sessions? (How was the content? Form of delivery? Duration? Instructors’ interaction with participants?)
* What did you think about the text messages? (How was the content? Timing? Any preferred message? Any inappropriate message?)