

**APPENDIX**  
**INTERVIEW GUIDE**

SOT Recipient

Can you start by telling me about your transplant experience and what type of organ transplant you received?

- When was your transplant?
- Did you experience any complications?

How would you describe your current level of physical activity?

- What type of activities or exercise do you currently do and how often?
- Were you physically active before your transplant? If so, what type of exercise did you do and how often?

What motivates you to exercise? What are your goals?

- What type of exercise or activities do you like best?

What barriers do you face when it comes to doing exercise?

- Are any of these barriers related to your organ transplant?

Do you think a community exercise program would be beneficial for solid organ transplant recipients? Why? Why not?

Note: A community exercise program is an activity involving exercise, that is offered to a specific population (in this case SOT recipients) and led by a trained fitness instructor.

What would encourage you to participate in a community-based exercise program?

What would discourage you from participating in a community-based exercise program?

Do you prefer group training or one-on-one training (with a trainer)?

How do you think a community-based exercise program for transplant recipients should look like?

- What should be considered when it comes to the types of classes offered, length(30min , location, expertise of the instructors, group size, membership cost, accessibility, etc.?)
- Would you prefer to exercise outdoors in a park (e.g. walking group, yoga in a park, etc)?
- What do you think an exercise trainer needs to know about transplant to help you with your exercise program (for instance, do they need to know about medications (immunosuppressants), risk of infections, etc)?

Are there any additional services you think should be offered in a community-based exercise program besides exercise (nutritional support, psychological support, etc.)?

Is there a location in your community that you would go to exercise (with other transplant recipients)?

### Exercise Professionals

What is your professional background and training?

- How long have you been working in the field of exercise training?
- How does your job relate to implementing exercise prescription or programming in the community?
- What chronic disease populations do you work with?
- Can you describe the program you run (number of participants, how often it is given, types of exercises, type of supervision)?

What barriers or challenges do you face when implementing exercise to people with chronic diseases?

What barriers do you think people with chronic diseases face when it comes to exercising or adhering to an exercise program?

Have you ever worked with solid organ transplant recipients before?

- Would you feel comfortable working with solid organ transplant recipients?
- What type of information do you feel you would need, in order to be confident working with this population?
- What challenges do you foresee with regards to implementing an exercise program for this population?
- Would you feel comfortable working with a recently transplanted recipient?

If your center decided to create a community exercise program for solid organ transplant recipients, how would it look like?

- Would individual or group sessions be recommended?
- Would the center be able to offer this population a reduced rate?
- Would activities outdoor (walking program, Yoga at the Park) be an option? What would be the advantages and disadvantages of such programs?