Additional files

**Additional file 2: Table S2.** Sample coding framework.
This table provides a sample of nodes, category descriptions and codes of the final coding framework.

| Top level Nodes       | Category [Description]                                      | Codes                                      |
|-----------------------|------------------------------------------------------------|--------------------------------------------|
| **Physical activity perspectives** | [Ways of defining] [Reasons physical activity is important] | Extended: Image - aesthetics               |
|                       |                                                            | Improved fitness/function                  |
|                       |                                                            | Mental                                     |
|                       |                                                            | Mental & physical/body weight              |
|                       | Perceived benefits [Perceptions of the benefits of PA]     | Bodyweight (aesthetic):                   |
|                       |                                                            | Related to body image [men]               |
|                       |                                                            | Related to body image [women]             |
|                       |                                                            | Energy and function                       |
|                       |                                                            | Mental - Mood                             |
|                       |                                                            | Physical with mental context              |
|                       |                                                            | Social                                    |
|                       |                                                            | Other positive health outcomes            |
|                       | Meaning and definition [Various aspects related to understanding of physical activity] | Being active, moving, not sitting         |
|                       |                                                            | Other aspects:                            |
|                       |                                                            | Cultural                                  |
|                       |                                                            | Connection with mind and body             |
|                       |                                                            | Involves people (social) and outdoor      |
|                       |                                                            | Unconscious over planned                  |
| **Sedentary behaviour-perspectives** | Perceived benefits [Participants views on the benefits of sedentary practices] | Family time                               |
|                       |                                                            | No benefit                                |
|                       |                                                            | Reading learning                          |
|                       |                                                            | Rest relax recover                        |
| Socialize | Work & hobbies | Time for self |
|----------|---------------|---------------|
|          |               |               |

| Perceived negative consequence | Back & joint, stiffness |
|--------------------------------|-------------------------|
|                                 | Brain function & focus  |
|                                 | Get lazy                |
|                                 | Health conditions       |
|                                 | Less social             |
|                                 | Mood & negative thoughts|
|                                 | None with physical activity |
|                                 | Weight gain             |

| Broader meaning | Don’t know |
|-----------------|------------|
| [definitions and understanding of sedentary behaviour] | Not moving, doing nothing, lazy |
|                  | Other-     |
|                  | Balance with other activities |
|                  | Cultural - past observations of women’s sitting |
|                  | Cultural - squat and floor sitting |

| Overlaps with perceived benefits and consequences | Ideas of duration |
|---------------------------------------------------|-------------------|
|                                                   | Ideas on energy expenditure |
|                                                   | Ideas on posture     |