

Appendix 1 Literature searches**Medline (1216)**

1. pedometer\$.tw.
2. ((step\$ or walk\$) adj3 (count\$ or meter\$ or daily)).tw.
3. ((activ\$ or exercise) adj3 (track\$ or monitor\$ or device\$)).tw.
4. (Fitbit or garmin or step watch).mp.
5. (manpo meter or manpo-meter or manpometer or step meter or stepmeter or step meters).tw.
6. 1 or 2 or 3 or 4 or 5
7. *Aged/ or *"Aged, 80 and over"/
8. exp Aged/ not Adolescent.mp.
9. (elderly or seniors or geriatric).tw.
10. (older adj (adult or people or person\$1)).tw.
11. 7 or 8 or 9 or 10
12. Randomized Controlled Trials as Topic/
13. Random Allocation/
14. Controlled Clinical Trials as Topic/
15. Control Groups/
16. Double-Blind Method/
17. Single-Blind Method/
18. Placebos/
19. randomized controlled trial.pt.
20. controlled clinical trial.pt.
21. (random\$ or RCT or RCTs).tw.
22. (controlled adj5 (trial\$ or stud\$)).tw.
23. (clinical\$ adj5 trial\$).tw.
24. (randomi?ed adj5 trial).mp.
25. 12 or 13 or 14 or 15 or 16 or 17 or 18 or 19 or 20 or 21 or 22 or 23 or 24
26. 6 and 11 and 25

Embase (1211)

1. pedometer\$.tw.
2. ((step\$ or walk\$) adj3 (count\$ or meter\$ or daily)).tw.
3. ((activ\$ or exercise) adj3 (track\$ or monitor\$ or device\$)).tw.
4. (Fitbit or garmin or step watch).mp.
5. (manpo meter or manpo-meter or manpometer or step meter or stepmeter or step meters).tw.
6. 1 or 2 or 3 or 4 or 5
7. *Aged/ or *"Aged, 80 and over"/

8. exp Aged/ not Adolescent.mp.
9. (elderly or seniors or geriatric).tw.
10. (older adj (adult or people or person\$1)).tw.
11. 7 or 8 or 9 or 10
12. Randomized Controlled Trials as Topic/
13. Random Allocation/
14. Controlled Clinical Trials as Topic/
15. Control Groups/
16. Double-Blind Method/
17. Single-Blind Method/
18. Placebos/
19. randomized controlled trial.pt.
20. controlled clinical trial.pt.
21. (random\$ or RCT or RCTs).tw.
22. (controlled adj5 (trial\$ or stud\$)).tw.
23. (clinical\$ adj5 trial\$).tw.
24. (randomi?ed adj5 trial).mp.
25. 12 or 13 or 14 or 15 or 16 or 17 or 18 or 19 or 20 or 21 or 22 or 23 or 24
26. 6 and 11 and 25

CENTRAL (1068)

1. pedometer\$.tw.
2. ((step\$ or walk\$) adj3 (count\$ or meter\$ or daily)).tw.
3. ((activ\$ or exercise) adj3 (track\$ or monitor\$ or device\$)).tw.
4. (Fitbit or garmin or step watch).mp.
5. (manpo meter or manpo-meter or manpometer or step meter or stepmeter or step meters).tw.
6. 1 or 2 or 3 or 4 or 5
7. *Aged/ or *"Aged, 80 and over"/
8. exp Aged/ not Adolescent.mp.
9. (elderly or seniors or geriatric).tw.
10. (older adj (adult or people or person\$1)).tw.
11. 7 or 8 or 9 or 10
12. 6 and 11

CINAHL (131)

S14 S11 AND S12 AND S13

- S13 (MH "Randomized Controlled Trials") OR (MH "Clinical Trials+") OR "Randomized Controlled Trial"
- S12 (MH "Aged+") OR (MH "Aged, 80 and Over")
- S11 S1 OR S2 OR S3 OR S4 OR S5 OR S6 OR S7 OR S8 OR S9 OR S10
- S10 "Activity Device"
- S9 "Activity Track*"
- S8 "Step Watch"
- S7 "Garmin"
- S6 "Fitbit*"
- S5 "Step Daily"
- S4 "Step* Meter*"
- S3 "Step* Count*"
- S2 ""Pedometer-Based Intervention" Or "Pedometer Intervention""
- S1 (MH "Pedometers") OR "pedometer"

LILACS (900)

((Aged) OR (Aged, 80 and over) OR (Elderly)) AND ((Clinical Trials, randomized) OR (Controlled Clinical Trials, randomized) OR (Randomized Controlled Clinical Trial) OR (Randomized Controlled Trial) OR (Randomized Controlled Trial as topic)) AND ((Motivational Interviewing) OR (Health Coaching) OR (Motivational Counselling) OR (Motivational change) OR (Exercise counselling) OR (Physical Activity counselling) OR (Physical Activity Coaching) OR (Wellness coaching))

PsycInfo (66)

1. pedometer\$.tw.
2. ((step\$ or walk\$) adj3 (count\$ or meter\$ or daily)).tw.
3. ((activ\$ or exercise) adj3 (track\$ or monitor\$ or device\$)).tw.
4. (Fitbit or garmin or step watch).mp.
5. 1 or 2 or 3 or 4
6. Aging.mp. or exp AGING/
7. exp Aged/ not Adolescent.mp.
8. (elderly or seniors or geriatric).tw.
9. (older adj (adult or people or person\$1)).tw.
10. 6 or 7 or 8 or 9
11. Clinical trials.mp. or exp Clinical Trials/
12. exp Random Sampling/ or exp Experimental Design/ or randomization.mp.
13. random allocation.mp.
14. Control Groups/

15. (random\$ or RCT or RCTs).tw.
16. (controlled adj5 (trial\$ or stud\$)).tw.
17. (clinical\$ adj5 trial\$).tw.
18. (randomi?ed adj5 trial).mp.
19. 11 or 12 or 13 or 14 or 15 or 16 or 17 or 18
20. 5 and 10 and 19

SPORTDiscus (47)

- S25 S12 OR S16 OR S24
- S24 S17 OR S18 OR S19 OR S20 OR S21 OR S22 OR S23
- S23 controlled trial OR clinical trial
- S22 random*
- S21 random sampling
- S20 clinic* W5 trial*
- S19 random allocation
- S18 randomized OR randomised
- S17 randomized controlled trials
- S16 S13 OR S14 OR S15
- S15 Older person OR older people OR older adult*
- S14 "elderly" or "senior"
- S13 DE "OLDER people" OR DE "AGING" OR DE "GERIATRICS" OR DE "RETIREMENT"
- S12 S1 OR S2 OR S3 OR S4 OR S5 OR S6 OR S7 OR S8 OR S9 OR S10 OR S11
- S11 Activity Device
- S10 Activity Track*
- S9 Step Watch
- S8 Garmin
- S7 Fitbit*
- S6 Step Daily
- S5 Step* Meter*
- S4 Step* Count*
- S3 Pedometer intervention
- S2 Pedometer-Based Intervention
- S1 Pedometer*

PEDro (235)

1. pedometer [title] AND clinical trial [method]
2. pedometer [abstract] AND clinical trial [method]

3. step count [title] AND clinical trial [method]
4. step count [abstract] AND clinical trial [method]
5. step meter [title] AND clinical trial [method]
6. step meter [abstract] AND clinical trial [method]
7. step daily [title] AND clinical trial [method]
8. step daily [abstract] AND clinical trial [method]
9. walk count [title] AND clinical trial [method]
10. walk count [abstract] AND clinical trial [method]
11. walk meter [title] AND clinical trial [method]
12. walk meter [abstract] AND clinical trial [method]
13. activity track [title] AND clinical trial [method]
14. activity track [abstract] AND clinical trial [method]
15. activity monitor [title] AND clinical trial [method]
16. activity monitor [abstract] AND clinical trial [method]
17. activity device [title] AND clinical trial [method]
18. activity device [abstract] AND clinical trial [method]
19. fitbit [title] AND clinical trial [method]
20. fitbit [abstract] AND clinical trial [method]
21. garmin [title] AND clinical trial [method]
22. garmin [abstract] AND clinical trial [method]