Three-month follow up questions:

1. **Continued Practice and Activity Level:**
   1. Since completing the program, have you continued with any of the exercises or activities? If yes, which ones and how frequently?
   2. Have you noticed any changes in your daily activity levels compared to before participating in the study?
2. **Long-Term Effects on Strength and Mobility:**
   1. Have you experienced any sustained improvements in strength or mobility since the end of the study? Please describe any specific areas where you've noticed changes.
   2. Have there been any challenges in maintaining the improvements you achieved during the study?
3. **Quality of Life and Functional Capacity:**
   1. How would you describe your overall quality of life now compared to before participating in the study?
   2. Have the interventions had a lasting impact on your functional capacity in daily activities? For example, ease of performing tasks like walking, climbing stairs, or carrying groceries.
4. **Health and Well-being:**
   1. Have you noticed any long-term changes in your physical or mental well-being since completing the study?
   2. Are there any health benefits you've experienced that you attribute to the program?
5. **Overall Satisfaction and Recommendations:**
   1. Overall, how satisfied are you with the impact of the study on your health and well-being?
   2. Would you recommend similar programs to friends or family members of your age group? Why or why not?