

Supplementary S1: Interview Guiding Questions

1. Have you observed or participated in Zumba dance activities before? What can you say about it?
2. What do you think are the similarities or differences of Zumba compared to other physical activities or dance programs?
3. Given your personal situation, do you perceive yourself being able to participate in Zumba dance? What do you think are the factors that may influence your participation/non-participation in a Zumba dance program?
4. Have you attended or heard of any specific Zumba classes for older people? What do you think are the important characteristics of such programs?
5. Have you heard the term “dual-tasking” (or an activity which combines both physical and cognitive training simultaneously)? What do you think is being done in this activity?
6. Some activities incorporate mental tasks with physical exercises. Examples of this include counting/arithmetic operations, recall of words/numbers, or spelling words, while doing some exercises (e.g., walking, stepping, or cycling). Do you think it is possible to incorporate some mental challenges while performing Zumba dance?
7. Given the possibility of having a Zumba dance/dual-tasking program being offered, what are the aspects should be present so that this program could be implemented? What are possible concerns that may be encountered and how can they be addressed?
8. What are your preferences in terms of the other components of Zumba and dual-tasking, such as music, venue, facilitators, and the like?
9. What do you think are the possible impacts of participation to Zumba dance/dual-tasking to you or other older people?
10. Apart from the aspects that we have discussed, do you have anything else to share about the topics of Zumba and dual-tasking?