

Supplemental Content 1:

List of Terms and Organizations Used to Locate Potential Study Samples

Thomas, J. D., & Cardinal, B. J. How credible is online physical activity advice? The accuracy of free adult educational materials. *Translational Journal of the American College of Sports Medicine*.

| Search Term Combinations for the Google Search Engine | | |
|---|--|---|
| Query | Query Subject | Query Goal or Aim |
| 1. | active | (ideas OR recommendation OR routines OR suggestions OR tips OR “workout plan”) |
| 2. | exercise* OR (good AND exercise*) | (ideas OR recommendation OR routines OR suggestions OR tips OR “workout plan”) |
| 3. | (cardio AND exercise*) OR (good AND cardio AND exercise*) | (benefits OR ideas OR recommendation OR routines OR suggestions OR tips OR “workout plan”) |
| 4. | (core AND exercise*) OR (good AND core AND exercise*) | (benefits OR ideas OR recommendation OR routines OR suggestions OR tips OR “workout plan”) |
| 5. | (core AND training) OR (good AND core AND training AND exercise*) | (benefits OR ideas OR recommendation OR routines OR suggestions OR tips OR “workout plan”) |
| 6. | exercise* OR (good AND exercise*) | (benefits OR ideas OR recommendation OR routines OR suggestions OR tips OR “workout plan”) |
| 7. | fitness | (benefits OR ideas OR recommendation OR routines OR suggestions OR tips OR “workout plan”) |
| 8. | (fitness AND exercise*) OR (good AND fitness AND exercise*) | (ideas OR recommendation OR routines OR suggestions OR tips OR “workout plan”) |
| 9. | (gym AND exercise*) OR (good AND gym AND exercise*) | (benefits OR ideas OR recommendations OR routines OR suggestions OR tips OR “workout plan”) |
| 10. | (home AND exercise*) OR (good AND home AND exercise*) | (benefits OR ideas OR recommendations OR routines OR suggestions OR tips OR “workout plan”) |
| 11. | exercise* AND (running OR jogging) | (benefits OR ideas OR recommendation OR routines OR suggestions OR tips OR “workout plan”) |
| 12. | (good AND running AND exercise*) OR (good AND jogging AND exercise*) | (benefits OR ideas OR recommendation OR routines OR suggestions OR tips OR “workout plan”) |
| 13. | (strength AND training) OR (“strength training” AND exercises) | (benefits OR ideas OR routines OR suggestions OR tips OR “workout plan”) |
| 14. | walking OR (good AND walking) | (benefits OR ideas OR recommendations OR routines OR suggestions OR tips OR “workout plan”) |

| | | |
|-----|---|---|
| 15. | weightlifting OR (good AND weightlifting) | (benefits OR ideas OR routines OR suggestions OR tips OR “workout plan*”) |
| 16. | (“weight training”) OR (good AND “weight training”) | (benefit* OR ideas OR routines OR suggestions OR tips OR “workout plan*”) |
| 17. | (good AND exercises) (weightlifting OR “weight training”) | (ideas OR recommendation OR routines OR suggestions OR tips OR “workout plan*”) |
| 18. | (“weight loss” AND exercise*) OR (good AND “weight loss” AND exercise*) | (ideas OR recommendation OR routines OR suggestions OR tips OR “workout plan*”) |
| 19. | (good AND yoga) OR (good AND yoga AND exercise*) | (ideas OR recommendation OR routines OR suggestions OR tips OR “workout plan*”) |

| Production Source Type | Organization Name |
|----------------------------------|--|
| Commercial | Active.com e-How Fitness Magazine LiveStrong.Com Prevention.com Men’s Health Magazine Self Magazine Women’s Health Magazine WebMD |
| Federal Government | https://healthfinder.gov/ Centers for Disease Control and Prevention National Heart, Lung and Blood Institute National Aging Institute National Cancer Institute Office of Disease Prevention and Health Promotion Department of Health and Human Services National Institute of Diabetes and Digestive and Kidney Diseases |
| Professional Associations | American College of Rheumatology American Association of Family Physicians American College of Sports Medicine American Council on Exercise |
| Voluntary Health Agency | Mayo Clinic The Arthritis Foundation Helpguide.Org |

American Association of Retired Persons
EatRight.Org
Kaiser Permanente
American Cancer Society
American Diabetes Association
American Heart Association
