**Box S1: Main themes emerging from the data**

**Types of activities South Asians mainly participated in**

* Men preferred football, the gym and cricket
* Women preferred walking, swimming and the gym
* Children most likely to participate in swimming activities, and playing outside
* Many families appeared to do little physical activity together

**Motivators to physical activity**

* Motivators were almost exclusively external (for a purpose other than physical activity) rather than internal (for its own sake)
* Motivators included fun, enjoyment and socialising and health benefits
* People more likely to be involved in physical activity that included a social aspect
* Role models were seen as important