

Supplement S1: In-and exclusion criteria for participation in the exercise interventions (regular font) and additional criteria for the accompanying study (*italic font*). Modified version of the original source: Krauss I, et al. BMJ Open Sport Exerc Med 2017; 3: e000291.

Inclusion criteria

- Hip or knee complaints (OA, state after joint-preserving or joint-replacing surgery and corresponding curative care, pre-arthritic conditions)
 - Physical and mental ability to participate in the interventional program *and to answer self-administered questionnaires*
 - *Self-reported lifetime prevalence of hip and/or knee OA diagnosed by a medical practitioner*
 - *Insurance holder of the insurance company offering the exercise program for two or more years*
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Exclusion criteria

- Significant established osteoporosis requiring treatment, previous spontaneous or low impact fracture
 - Co-morbidities leading to major impairments in everyday life and representing contra-indications for physical activities
 - Artificial joint replacement at the knee and/or hip joint within the last 6 months
 - Artificial joint replacement at the knee and/or hip joint with instable anchoring
 - Artificial joint replacement at the knee and/or hip joint with radiologic signs of implant loosening
 - Current pain at rest or with activity due to artificial joint replacement at the knee and/or hip joint
 - Luxation as an adverse event of artificial hip replacement
 - Acute joint inflammation at the knee and/or hip joint
 - Musculo-skeletal surgery at the lower extremity within the last 3 months
 - Regular use of gait aids
 - Self-reported acute illness
 - Insufficient German language ability *for self-administered study questionnaires* and for the understanding of the verbal exercise instructions and written exercise descriptions and intervention materials.
 - *Current employment in the health care insurance*
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