

Supplementary table: Intervention content, showing the different modules.

Session number	Module 1 (Sessions 1-5)	Module 2 (Sessions 6-10)	Module 3 (Sessions 11-15)
1	<p>Welcome to NEWDAY^{ABC} Introduction: evidence-based principles of Moving Well & Eating Well; goal setting Taster session: Moderate & vigorous physical activity</p>	<p>Recommended Daily Amounts; eating well; taste disturbances Reading food labels & Recommended Daily Amounts for nutritional health Taster session: Exercise and hot flushes</p>	<p>Moving forward after NEWDAY^{ABC} Part 1 Contingency planning & relapse prevention: self-management beyond NEWDAY^{ABC} Taster session: Yoga guest session</p>
2	<p>Portion sizes & eating well for Recovery Identification of different food groups and recommended portion sizes Taster session: Strength training</p>	<p>Alcohol, drinks & hydration Recommended alcohol guidelines; hydration; healthy drinks & more nutritious options Taster session: Exercise, hydration and fatigue</p>	<p>Eating out & on the move; takeaways Choosing healthier meals when eating out; eating on the move and ordering takeaways Taster session: Zumba guest session</p>
3	<p>Building Confidence Improving body image & self-esteem; specific advice on lymphoedema management Taster session: Exercise and lymphoedema (range of motion/ flexibility)</p>	<p>Eating & moving well as a family Educating family & friends: importance of PA in cancer recovery; support & motivation for long-term maintenance Taster session: Range of motion / flexibility</p>	<p>Moving forward after NEWDAY^{ABC} Part 2 Long-term goal setting & contingency planning: self-management beyond NEWDAY^{ABC} Taster session: Walking netball taster session</p>
4	<p>Mood & Lifestyle Hunger vs craving; emotional eating & snacking: strategies to reduce emotional eating & advice on alternative nutritious snacks Taster session: Circuits - exercise and mood</p>	<p>Meal Planning & eating well on a budget Planning meals & shopping lists according to budget Taster session: Circuits - strength and endurance</p>	<p>Moving & eating well for healthy aging Importance of sleep in recovery; bedtime routines to aid restful sleep; moving & eating well for active ageing; reducing risk of comorbidities & bone health Taster session: Group choice of exercise</p>
5	<p>Recap & Review Reviewing & discussion of information covered in previous 4 sessions Taster session: Safe & effective home exercise 1</p>	<p>Recap & Review Reviewing & discussion of information covered in previous 4 sessions Taster session: Safe & effective home exercise 2</p>	<p>Celebration & goodbyes Final session - Recap and review of the entire intervention content and social session celebrating the achievements of the group Taster session: Group choice of exercise</p>

