

## Supplemental Content File 1

Thomas, J., Wong, J., Hockert, R., Wu, Y. S., Martin, S., & Zenko, Z. (2024). Comprehension of Physical Activity Promotion Material: A Retrospective and Comparative Analysis. *Journal of Kinesiology & Wellness*, 13(1), 22–35. <https://doi.org/10.56980/jkw.v13i1.135>

Cloze Procedure Forms for the Study 2 Test Material

Parent Article, “Comprehension of Physical Activity Promotion Material: A Retrospective and Comparative Analysis”

### Revised 8th Reading Grade Level Material

\*\*\*

Not part of the case.

- This is an open access and open-source material
- Yellow text highlight = deleted word (i.e., correct answer to blank space)
- A number in brackets—i.e., [number] is the blank space and the text immediately after the bracket is the deleted word.

Changes made following pilot test feedback

- Revised sentence to be more predictable (e.g., word “movement” was replaced with exercise, removed the word “via” and replaced with “like”)
- Added adjective before descriptive nouns (e.g., routine became daily routine, video became workout video).
- Added rhetorical question (e.g., so what are you waiting for? go for it!)
- Added prepositional phrase, At least twice a week,....
- (post-test with lab students) changed 23 and 24, from daily, other, to physical, running

Text and reading grade level Statistics after changes made:

- SMOG RGL = 7.76
- Case word count = 519 (per the MS Word word-count tool)

\*\*\*

### Exercise From Home

Staying active is crucial to our health. Even in small amounts, [1] **exercise** can boost focus and [2] **reduce** stress. It can improve [3] **heart** health, bone strength, balance, [4] **and** protect from chronic disease. [5] **Exercise** also supports our immune [6] **system**. It helps our body [7] **fight** off sickness. As people [8] **work** to adjust to the COVID-19 [9] **pandemic**, keeping active is needed [10] **now** more than ever! It [11] **is** also harder to get.

American [12] **daily** routines have become more [13] **sedentary** over the years. This [14] **increases** the risk for illness [15] **and** premature death. Research shows that the [16] **average**

adult spends over half [17] of their time sitting or [18] lying down. More people will [19] likely be less active with [20] many having to work from [21] home because of COVID. Quarantine [22] has also decreased chances for [23] physical activity, like grocery shopping and [24] running errands.

It is never [25] too late to make home [26] exercise a part of our [27] daily workout routines! To better [28] support health, adults should do [29] at least 150-minutes of [30] brisk effort exercise per week. [31] These are the types of [32] exercises that get your heart [33] pumping and blood flowing. At [34] least twice a week, adults [35] should also do strength [36] training exercises for their muscles. [37] All major muscle groups should [38] be worked out by the [39] end of each week.

Some [40] low-cost and accessible ways [41] to workout at home are [42] listed below.

- Follow along to [43] online videos. Many gyms and [44] apps offer workout videos and [45] classes online, for free or at [46] a low-cost. There are [47] many ways of working out [48] online, like doing yoga, cardio [49] classes, Pilates, and Tai Chi.
- [50] Pressed for time? Don't worry! [51] You can break up your [52] workout into smaller bouts. A [53] few 10-minute bouts can [54] add up to a full [55] workout through the day.
- Do [56] some chores. Chores are a [57] great way to be active. [58] Vacuum the floor, work in [59] the garden, dust, clean the [60] bathroom, or mow the lawn. [61] These are great ways to [62] get your heart rate up [63] and burn calories.
- Instead of [64] high-cost equipment, you can [65] use items around your home. [66] Instead of dumbbells and free-[67] weights, you can use soup [68] cans, water bottles, or laundry [69] detergent bottles. Couches, chairs, or [70] stairs can be used to [71] do squats, lunges, or balance [72] exercises.
- No equipment, no [73] problem! Try body-weight exercises, [74] like pushups, planks, sit-ups, [75] squats, or lunges. Break a [76] sweat no matter where you [77] are.

For people who do [78] not follow a daily workout [79] routine, a good first step [80] is to replace sitting or [81] lying down with exercise. Break [82] up sitting with 10- 20 [83] minute sessions of light effort [84] exercises, like walking. Start with [85] what you can do and [86] increase your effort slowly over [87] time. For those who are [88] already active, try to move more [89] during the day and break [90] up time spent sitting. If [91] you work from home,

take [92] a 5- minute break each [93] hour to move. Walk around [94] or stretch to break up [95] time spent sitting.

The key [96] to any workout routine is to [97] do what you can. Even [98] 5-10 minutes at a [99] time can help your health. [100] So what are you waiting [101] for? Give it a try — be creative, make it fun, and stay safe and healthy.

### Original 8th Reading Grade Level Material

\*\*\*

Not part of the case.

This is an open access and open-source material. Sourced from citation below:

Thomas, J. D., \*Christopher, C. N., \*Smith, C. N., Kennedy, W., & Cardinal, B. J. (2023). Improving communication in kinesiology through a practicum course. *International Journal of Kinesiology in Higher Education*, 7(3), 257-268.

<https://doi.org/10.1080/24711616.2022.2141156>

SMOG RGL = 7.57

Case word count = 488 (per the MS Word word-count tool)

Underlined text denotes revisions made to original mock web article.

\*\*\*

### Exercise From Home

Staying active is crucial to our health. Even in small amounts, exercise can boost focus and reduce stress. It can improve heart health, bone strength, balance, and protect from chronic disease. Movement also supports our immune system. It helps our body fight off sickness. As people work to adjust to the COVID-19 outbreak, keeping active is needed now more than ever! It is also harder to get.

American daily routines have become more sedentary over the years. This increases the risk of death and heart disease. Research shows that the average adult spends over half of their time awake sitting or lounging. People will likely move less while working at home versus in the office. Quarantine has also reduced chances for daily movement via grocery shopping and other errands.

It is never too late to make home exercise a part of our daily routines! To better support health, adults should do at least 150-minutes of brisk effort movement per week. These are movements that get your heart and blood pumping. Adults should also do strength workouts at least twice a week to support muscle strength.

Some low-cost and accessible ways to workout at home are listed below.

- Follow along to online fitness videos. Many fitness centers and apps offer videos and classes online, often for free or at a low-cost. There are many styles of workouts, like yoga, cardio classes, Pilates, and Tai Chi.
- Pressed for time? Don't worry! You can break up your workout into smaller bouts. A few 10-minute bouts can add up to a full workout through the day.
- Do some chores. Chores are a great way to be active. Vacuum the house, work in the garden, dust, clean the bathroom, or mow the lawn. These are great ways to get your heart rate up and burn calories.
- Swap pricey equipment with items around your house. For example, you can swap dumbbells and free-weights for soup cans, water bottles, or laundry detergent bottles. Couches, chairs, or stairs can be used to do squats, lunges, or balance movements.
- No equipment, no problem! Try body-weight workouts like pushups, planks, sit-ups, squats, or lunges to break a sweat no matter where you are.

For people who do not follow a normal workout routine, a good first step is to replace sitting or lounging with movement. Break up sitting with 10-20 minute sessions of light effort movements, like walking. Start with what you can do and work-up the amount and effort over time. For folks who are already active, aim to move more during the day and break up time spent sitting. If you work from home, take 5-minute breaks each hour to move. Walk around or stretch to break up time spent sitting.

The key to any workout routine is to do what you can. Even 5-10 minutes at a time supports your health. So go for it! Be creative, make it fun, and stay safe and healthy.

## Original 11th Reading Grade Level Material

\*\*\*

Not part of case.

This is an open access and open-source material. Sourced from citation below:

Thomas, J. D., \*Christopher, C. N., \*Smith, C. N., Kennedy, W., & Cardinal, B. J. (2023). Improving communication in kinesiology through a practicum course. *International Journal of Kinesiology in Higher Education*, 7(3), 257-268.

<https://doi.org/10.1080/24711616.2022.2141156>

Case SMOG RGL = 11.27

Case word count = 541 (per the MS Word word-count tool)

\*\*\*

### Exercise From Home

Staying active is critical to every aspect of one's health. Even in small amounts, physical activity can boost mood, focus, and reduce stress. Adults who engage in regular exercise can improve cardiovascular health, strength, balance, and mobility. Regular exercise also plays an important role in immune health. Research shows that moderate-intensity exercise helps one's body fight off infections and protects one from chronic disease. As more people are working from home due to the COVID-19 outbreak, regular exercise is even more essential for people. It is also more difficult to get.

American lifestyles have become more sedentary over the years, which increases the risk of mortality and cardiovascular disease. According to research, the average American spends over half of their time awake being sedentary. As more people work remotely and stay at home, people may move less while at work. Quarantine has also reduced chances for daily activity via grocery shopping and other errands.

To attain health benefits, adults should engage in at least 150 minutes of moderate-intensity, aerobic physical activity per week. Adults should also engage in muscle strengthening exercise that targets all major muscle groups at least twice a week to provide further health benefits. It is never too late to make home exercise a part of our daily routines!

Some affordable and accessible ways to exercise at home are listed below.

- Follow along to online fitness videos. There are thousands to choose from on many topics, such as yoga, cardio, Pilates, and Tai Chi. Many fitness centers and apps even offer videos and classes online, often for free or at a low-cost.

- Don't be stressed if you don't have a large span of time. You can break up your workout into smaller bouts, like 10-minute sessions, that can add up to a full workout throughout the course of a day.
- Do some chores. Chores are a great way to be active. Vacuuming the house, working in the garden, dusting, cleaning the bathroom, or mowing the lawn are just a few of the activities that can get your heart rate up and burn calories.
- Swap expensive equipment with items around your house. Household items can fill in for dumbbells, free-weights, or workout benches. For example, you can swap dumbbells and free-weights for things like soup cans, water bottles, or laundry detergent bottles. Couches, chairs, or stairs can be used as surfaces to do squats, lunges, or balance exercises.

For people who are inactive or do not currently engage in regular physical activity, a good and safe first step is to replace sedentary behavior with 10-20 minute sessions of light-intensity physical activity, like walking. Start with activities that you can do and work-up the amount and intensity over time. For people who are already active, it is recommended to move more during the day and break up time spent sitting. For example, if working from home, take the last 5-minutes of every hour to get up and move. Walk around or stretch to break up sedentary time.

The most important part of any exercise routine is to do what you can. Even 5-10 minutes of exercise at a time has health benefits. So go for it! Be creative, make it fun, and stay safe and healthy.