### Supplementary Table 7. Key Themes and Additional Qualitative Quotes

#### De-Motivating Barriers & Motivating Facilitators for Healthy Eating

**Theme 1: Barriers related to healthy diet**

**Interviewee #4:** "Yeah, groceries and bills and kids appointment, and our own appointments, right and uh, sometimes [Hindi Translation>] at my school, there are some kinds of activities that are ongoing, for my son, and then you have to attend that and yeah mostly anything, and other, we are making fresh food and it takes some time, it's very time consuming because you have to cut everything, chopping, a lot of chopping in our food, so yeah, and then the dishes."

**Interviewee #5:** "When there are traditional sweets, it's difficult to let go of that, she loved gulab jamans and rasgoolas, its tradition and difficult to give up."

**Interviewee #8:** "Yeah my father in law, he doesn't do anything and my mother in law, she doesn't do anything either. Since I joined their family, it's just me who does everything."

**Theme 2: Facilitators related to healthy diet**

**Interviewee #7:** "Yes, I did. Yes, I do some of the times. I did one time really hardly, strictly diet. Low-carb diet … Okay. So in 2010 I did low-carb diet. In which I used to take salad and only proteins."

**Interviewee #4:** "I think make more consistency to help me, I don't know how but in any ways. [Hindi Translation>] If they, even if I start and they make sure like I am on that track, something, right? Like I was telling you before, I start something but I don't know what happens with the busyness or something. I just lose momentum and eventually stop."

**Interviewee #15:** "Yeah. So, we definitely talk about healthy eating and we talk about, you know, what are healthy things to eat. And if I give them some treats we'll say, "this is only one time and that it's not healthy". So they do understand what's healthy and not healthy [Okay]. And then even when I pack their snacks, they're like, I always tell them that before they can have all their snacks they have to finish all their health food first [Okay, okay]. So, they do know the difference of what's healthy and unhealthy and they do understand."

#### De-Motivating Barriers and Motivating Facilitators for Healthy Exercise

**Theme 3: Barriers related to physical exercise**

**Interviewee #1:** "Twenty-25 push-ups everyday. In every two days, I would say. Whenever my baby cooperates with me. In the morning, I'm like, okay, let's do it. Sometimes he (the baby) doesn't let me. So, that's the thing and some leg exercises. Some other, like instructors, they do on TV, or YouTube, I just copy."

**Interviewee #2:** "Just shortage of time. If maybe, sometimes I don't wake up on time. I don't know. Maybe I can follow that, if I want I can do it. Yeah, so it's up to me."

**Interviewee #7:** "Energy level was high that time, yeah. Yeah I used to do more running and all that kind of stuff. But nowadays my energy level is low. If I do one song, then I get little tired."

**Theme 4: Facilitators related to physical exercise**

**Interviewee #3:** "Yeah. It's just like you need motivation, you know. Sometimes, I do have time, but I get so lazy I don't want to do it. And, I need a partner to do it too. Alone, it's hard I think. So, sometimes I tell my sister, she's like okay, yeah, we'll go. So, she goes to the gym, but sometimes she tells me; let's go run outside. At night, I'm so tired, I don't want to go outside. My kids are sleeping. I just want to relax. So, sometimes it's just you don't want to do it."

**Interviewee #15:** "No. I have this app on my phone that does, it kind of every day you do a certain amount of like I guess, the amount of floor exercises."

**Interviewee #7:** "And I have no reason to lose weight, right? So I said, "Let's try this one". And then I have my, what do you call?, cousin, and she and me we did it together. So it was encouraging for me. So I did that. I take croutons and spinach in the salad. I take baked fish, baked chicken and green tea both the time (for dinner)."

*Numerical ID/Pseudonyms have been used to ensure confidentiality*