Supplementary File S1 – scoping review search strategy

This comprehensive strategy followed other reviews of emerging literature (1, 2).

Published and grey literature

Database	Search term
Scopus	TITLE-ABS-KEY (telecommut* OR "work* from home" OR "work* at home" OR telework* OR (workplace* W/1 flexib*) OR "flexible work* arrangement*" OR (work* W/1 remote*) OR "home based work*" OR "home working" OR "homeworking" OR "virtual office" OR (work* W/1 (virtual* OR digital* OR online OR distant*)) OR "stay* home" OR "stay* at home" OR (home W/1 (confine* OR isolat*)) OR (covid W/4 (restrict* OR isolat* OR confine*))) AND TITLE-ABS-KEY ("physical* activ*" OR "active travel*" OR exercise OR "sedentary behavio#r" OR sitting OR fitness OR sport* OR walk* OR cycling OR bicycl* OR "energy expenditure" OR "aerobic train*" OR "physical exertion" OR "resistance train*" OR "strength train*") AND TITLE-ABS-KEY (intervention* OR initiative* OR experiment* OR evaluat* OR program* OR promot* OR policy OR strategy OR "prospective stud*") AND TITLE-ABS-KEY (health*) AND (PUBYEAR > 2009) AND (LIMIT-TO (SRCTYPE,"j")) AND (LIMIT-TO (LANGUAGE,"English"))
Web of Science (core collection)	TS=(telecommut* OR “work* from home” OR “work* at home” OR telework* OR (workplace* NEAR/1 flexib*) OR “flexible work* arrangement*” OR “home working” OR "homeworking” OR “virtual office” OR (work* NEAR/1 (remote* OR virtual* OR digital* OR online OR distant*)) OR “stay* home“ OR "stay* at home" OR (home NEAR/1 (confine* OR isolat*)) OR (covid NEAR/4 (restrict* OR isolat* OR confine*))) AND TS=(intervention* OR initiative* OR experiment* OR evaluat* OR program* OR promot* OR policy OR strategy OR "prospective stud*") AND TS=(“physical* activ*” OR “active travel” OR exercise OR “sedentary behaviour” OR sitting OR fitness OR sport* OR walk* OR cycling OR bicycl* OR “energy expenditure” OR “physical exertion” OR “aerobic train*” OR “resistance train*” OR “strength train*”) AND TS=(health*) *Filtered to:* Language = English; Doctype = Articles, review articles, early access, book chapters (for published literature sources) or Proceedings, editorial, data papers, letters, meting abstracts (grey literature sources); Timespan = 2010-01-01 – 2022-04-04
EBSCO host (Rehabilitation & Sports Medicine Source, MEDLINE Complete, Psychology and Behavioral Sciences Collection, Applied Science & Technology Source	AB (telecommut* OR "work* from home" OR "work* at home" OR telework* OR (workplace* N1 flexib*) OR "flexible work* arrangement*" OR "home working" OR "homeworking" OR "virtual office" OR (work* N1 (remote* OR virtual* OR digital* OR online OR distant*) OR "stay* at home" OR (covid N4 (restrict* OR isolat* OR confine*))) AND AB (physical* activ* OR "active travel*" OR exercise OR "sedentary behavio?r" OR sitting OR fitness OR sport* OR walk* OR cycling OR bicycl* OR "energy expenditure" OR "aerobic train*" OR "physical exertion" OR "resistance train*" OR "strength train*") AND AB (intervention* OR initiative* OR

Ultimate, Business Source Ultimate, CINAHL Complete, SPORTDiscus)	experiment* OR evaluat* OR program* OR promot* OR policy OR strategy OR "prospective stud*") AND AB (health*) *Filtered to:* Language = English; Pub date: 2010-01-01 – 2022-04-04; For published literature search Source type: academic journals For grey literature search Source type: magazines, trade publications, reports, conference materials

Source / database	**Search term**
Mednar	(“work from home” OR telecommuting OR “flexible work” OR “online work” OR “virtual work”) AND (“physical activity” OR exercise OR cycling OR walking OR sitting) AND (policy OR initiative OR intervention OR program OR strategy) AND health *Filtered to*: Date = 2020-01-01 – 2022-04-04
Google	(“work from home” OR telecommuting OR “flexible work” OR “online work” OR “virtual work”) AND (“physical activity” OR exercise OR cycling OR walking OR sitting) AND (policy OR initiative OR intervention OR program OR strategy) AND health *Filtered to*: Date = 2020-01-01 – 2022-04-04
Targeted organisation websites	*Search term:* “work from home” AND “physical activity”* *Filtered to:* Date = 2020-2022
	World Health Organization, https://apps.who.int/iris/ Centre For Disease Prevention and Control, US, https://www.cdc.gov Department of Health, Australia, https://www.health.gov.au Safework, Australia, https://www.safeworkaustralia.gov.au Health and Safety Executive, UK, https://www.hse.gov.uk Deloitte, https://www2.deloitte.com/kg/en.html Forbes, https://www.forbes.com Price Waterhouse Cooper, https://www.pwc.com Gartner, https://www.gartner.com/en

References

1. Abdi S, de Witte L, Hawley M. Emerging technologies with potential care and support applications for older people: review of gray literature. JMIR aging. 2020;3(2):e17286.
2. Godin K, Stapleton J, Kirkpatrick SI, Hanning RM, Leatherdale ST. Applying systematic review search methods to the grey literature: a case study examining guidelines for school-based breakfast programs in Canada. Systematic reviews. 2015;4(1):1-10.