Supplementary table 1: Inclusion and exclusion criteria of the study

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| **Inclusion criteria** | **Exclusion criteria** |
| * Patients with histologically confirmed advanced gastrointestinal cancer (stage III – IV) * Scheduled first-line chemotherapeutic treatment (chemotherapy naïve) * Age ≥50 years * Written informed consent * Ability to understand and speak german as well as to understand the study protocol * Oncologist’s approval for study participation | * ECOG > 2 * Acute or chronic infectious disease * any medical condition limiting participation in physical activity and/or exercise * Systemic diseases (e.g. multiple sclerosis, ) that restrict mobility and elevate fall and injury risk during physical activity * Inability to stand and walk * Disorders (neurological, skeletal, muscular, metabolic, peripheral vascular, mental or cognitive) or medication used independently of the cancer disease (e.g. analgesics, muscle relaxants) that might influence gait, balance and muscle strength * Untreated hypertension (diastolic pressure > 95mmHg) * Vestibulopathies and uncorrected visual deficits |