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
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