

## Supplementary file 2. List of contributors by group

### Authorship group (n=5)

Name	Institution	Role
Dr Natasha Jones	Faculty of Sport and Exercise Medicine, Oxford University Hospitals NHS Foundation Trust	Consultant in Sport and Exercise Medicine, Clinical Director Moving Medicine
Dr Hamish Reid	Faculty of Sport and Exercise Medicine, Centre for Sport and Orthopaedic Medicine Bermuda	Consultant in Sport and Exercise Medicine, Clinical Director, Moving Medicine
Dr Ashley Ridout	Oxford University Hospital NHS Foundation Trust	Specialist Registrar, Sport and Exercise Medicine, Specialist trainee lead for Moving Medicine
Dr Simone Tomaz	Post-doctoral Research Fellow	Physical Activity for Health Research Centre, University of Edinburgh
Dr Paul Kelly	Reader in Physical Activity for Health	Physical Activity for Health Research Centre, University of Edinburgh

### Stakeholder group (n=4)

Name	Institution	Role
Suzanne Gardener	Sport England	National Partnership lead, Health and Inactivity
Sarah Ruane	Sport England	Strategic Health Lead
Dr Mike Brannan/Mr Jamie Blackshaw	Public Health England	National Leads for Diet, Obesity and Physical Activity
Dr Andrew Boyd	Royal College of General Practitioners, Clapham Park Group practice	GP Partner and RCGP Clinical Priority Champion, physical activity & lifestyle

## PHYSICAL ACTIVITY RISK CONSENSUS GROUP MEMBERS

### Steering Group (n=13)

Name	Role	Institution
Chair: Charlie Foster	UK Chief Medical Officers Expert Committee for Physical Activity Past President - International Society for Physical Activity and Health Professor of Physical Activity and Public Health	University of Bristol
Catherine Lester	Consultant in Sport and Exercise Medicine	Moving Medicine Lead, Queen Mary University London
Chris Pugh	Professor of Renal Medicine, Honorary Consultant Physician	Oxford University and Oxford University Hospitals NHS Foundation Trust
Christopher Speers	Consultant in Sport and Exercise Medicine	Oxford University Hospitals NHS Foundation Trust
Esther Clift	Consultant Practitioner in Frailty	Southern Health NHS Foundation Trust
Gill Cowburn	Qualitative Researcher	Independent
James Hull	Consultant Respiratory Physician	Royal Brompton & Harefield Hospitals Specialist Care
Kim Gregory	Consultant in Sport and Exercise Medicine	University Hospitals Birmingham
Michelle Roberts	Physical Activity and Health Programme Manager	Richmond Group of Charities
Nikant Sabharwal	Consultant Cardiologist and Head of the Nuclear Cardiology Department	Oxford University Hospitals NHS Foundation Trust
Sheera Sutherland	Renal Dialysis Research Nurse	Oxford University Hospitals NHS Foundation Trust
Tracy Barnett	Lead Physiotherapist, Physical Activity Pilot	Oxford University Hospitals NHS Foundation Trust
William Bird	GP and CEO of Intelligent Health Ltd	Intelligent Health Ltd

**Delphi Group (n=29)**

<b>Name</b>	<b>Title</b>	<b>Institution</b>	<b>Bio</b>
Perdy van den Berg	Diabetes Specialist Nurse in Primary Care.	Oxford Health NHS Foundation Trust	Diabetes Specialist Nurse in Primary Care. Formerly Clinical Lead, Oxfordshire Community Diabetes Service and Diabetes Quality Improvement Lead for Thames Valley Clinical Network (NHSE). Member of the NICE Guideline Development Group 2013-15 NG17 Type 1 Diabetes in adults: diagnosis and management and 2016 Quality Standard - diabetes in adults QS6.
Jordan Bowen	Consultant Physician in Acute and Geriatric Medicine	Oxford University Hospitals NHS Foundation Trust	Consultant Physician in Acute and Geriatric Medicine. Special interest in Acute Ambulatory Care and Complex Interface Care
Muir Gray	Consultant in Public Health	The Optimal Ageing Programme	Consultant in Public Health providing knowledge to support our aging population to live better via <a href="http://www.livelongerbetter.net">www.livelongerbetter.net</a> . Additional special interest in teenagers with long term conditions.
Rob Andrews	Associate Professor of Diabetes/Honorary Consultant in Diabetes	University of Exeter	Expert in exercise and both Type 1 and Type 2 Diabetes.
Kim Gregory	Consultant in Sport and Exercise Medicine	University Hospitals of Birmingham	Consultant Physician in Sport and Exercise Medicine
Chris Swindale	Respiratory Physiotherapist	Oxford Health NHS Foundation Trust.	Physiotherapist with 15 years' experience. 12 years' experience in Respiratory Care, the last 6 of which have been community based, with specific emphasis on COPD and other chronic lung conditions.
Paula Manning	Physiotherapist	Derbyshire Healthcare NHS Trust	Physiotherapist, working in mental health inpatients hospital and as a Physical Activity Clinical Champion for PHE, delivering free training to HCPs to encourage themselves and their patients to be more physically active.

Nikant Sabharwal	Consultant Cardiologist and Head of the Nuclear Cardiology Department	Oxford University Hospitals NHS Foundation Trust	Consultant Cardiologist with interest in Exercise Medicine
Brian Johnson	GP, Honorary Medical Advisor to Public Health Wales	NHS	GP and Sport and Exercise Medicine practitioner, Honorary Medical Advisor to PHWales, RCGP Clinical Priority of Physical Activity and Lifestyle Steering group member, CEO of Motivate2Move.co.uk and Benefitfromactivity.org
Anushka Soni	Rheumatologist	Nuffield Department of Orthopaedics	Rheumatologist with a research interest in Musculoskeletal Pain Mechanisms. During my DPhil, I studied the impact of abnormal central pain processing in patients with osteoarthritis of the knee. I showed a relationship between the presence of neuropathic pain and central sensitization pre-operatively, and that this modified the patient's response to knee replacement surgery. Moving forwards, my work will use a combination of techniques, including neuroimaging and clinical pain quantification, to investigate pain related predictors of response to treatment in inflammatory arthritis as well as fibromyalgia.
Scarlett McNally	Consultant Orthopaedic Surgeon, Deputy Director of the Centre for Perioperative Care	Eastbourne District General Hospital	Consultant Orthopaedic Surgeon, Eastbourne D.G.H. since 2002. Elected council member of the Royal College of Surgeons of England, 2011-21. Lead author of 'Exercise the miracle cure and the role of the doctor in promoting it'. Other published work on the link with the economy and social care – we need environments and expectations to change to support everybody to be more active which would reduce need for social care (and improve mental and physical health). Deputy Director of the Centre for Perioperative Care ( <a href="http://www.cpoc.org.uk">www.cpoc.org.uk</a> aimed at getting people fitterbettersooner around an operation). Papers on <a href="http://www.scarlettmcnally.co.uk">www.scarlettmcnally.co.uk</a> . Twitter @scarlettmcnally
Cliff Kilgore	Consultant Nurse for Intermediate Care and Older People	Dorset Healthcare NHS Trust	Consultant Geriatrician Nurse specialising in care of older people and visiting Fellow to Bournemouth University
Chris Pugh	Professor of Renal Medicine, Honorary Consultant Physician	Oxford University and Oxford University Hospitals NHS Foundation Trust	Professor of Renal Medicine, University of Oxford.

Sarah Wheatley	Exercise teacher	Age UK Oxfordshire	Exercise teacher. Responsible for shaping community exercise services for older adults, previously for NHS and currently for Age UK Oxfordshire.
Lucy Gossage	Consultant Medical Oncologist.	Nottingham University Hospitals NHS	Medical Oncology Consultant in Nottingham with an interest in Exercise Oncology. Co-founder of 5K Your Way, Move Against Cancer ( <a href="http://www.5kyourway.org">www.5kyourway.org</a> ) and have spoken about physical activity in those living with and after cancer at national and international conferences.
Anna Lowe	Programme Manager, Physiotherapist	National Centre for Sport & Exercise Medicine, Sheffield.	Programme Manager at the National Centre for Sport & Exercise Medicine, Sheffield.
Rebecca Robinson	Consultant in Sport and Exercise Medicine	Sheffield Teaching Hospitals NHS Foundation Trust	Consultant in Sport and Exercise Medicine.
Rebecca Appelboam	Consultant in Intensive Care Medicine	Royal Devon and Exeter NHS Foundation Trust	Consultant in Intensive Care Medicine, involved in the follow up of survivors of intensive care in multidisciplinary clinics which patients are invited to 3 months after discharge from hospital. We tackle the psychological cognitive, and physical deficits that survivors experience, and provide support and advice to aid rehabilitation
Diana Greenfield	Consultant Nurse in Late Effects (of cancer treatments) and Honorary Professor in Cancer Survivorship	Consultant Nurse at Sheffield Teaching Hospital, Honorary Professor of The University of Sheffield	Consultant Nurse in Late Effects (of cancer treatments) and Honorary Prof in Cancer Survivorship. Diana Greenfield is a National Institute for Health Research (NIHR) Senior Nurse Research Leader. The views expressed in this article are those of the author and not necessarily those of the NIHR, or the Department of Health and Social Care.
Alistair Lumb	Consultant in Diabetes and General Medicine	Oxford University Hospitals NHS Foundation Trust	Consultant in Diabetes and General Medicine at Oxford University Hospitals NHS Foundation Trust. Affiliated to NIHR Oxford BRC Specialist interest in managing Diabetes (particularly type 1 diabetes) for physical activity and exercise
Sheera Sutherland	Renal Dialysis Research Nurse	Oxford University Hospitals NHS Foundation Trust	Renal Dialysis Research Nurse in Renal Rehabilitation

Julia Newton	Clinical Academic and Consultant in Rheumatology/Sport and Exercise Medicine	Oxford University Hospitals NHS Foundation Trust	Clinical Academic and Consultant in Rheumatology/Sport and Exercise Medicine
Sally Retallick	Lead nurse in Weald PCN	West Kent Health NHS	Practice Nurse in West Kent caring for a range of patients including those with long term conditions. Lead nurse in Weald PCN and Physical Activity Clinical Champion for PHE, delivering free training to HCPs to encourage themselves and their patients to be more physically active.
Andrew Murray	GP and Consultant in Sport and Exercise Medicine	The University of Edinburgh	GP and Consultant in SEM. Previous employment working full time in Public Health policy (Scottish Government). Current Vice-President Ramblers Scotland.
James Hull	Consultant respiratory physician	Royal Brompton & Harefield Hospitals Specialist Care	Consultant Respiratory physician with expertise in asthma, chronic lung disease and impact of exercise in this context
Marie Murphy	Professor of Exercise and Health, Dean of Postgraduate Research and Director of the Ulster Doctoral College.	Ulster University	Professor of Exercise and Health, Dean of Postgraduate Research and Director of the Ulster Doctoral College. Marie's research focuses on the effect of physical activity and exercise, in particular walking, on health and uses multidisciplinary approach that has included outcome measures ranging from the behavioural to the biochemical.
Tracy Barnett	Lead Physiotherapist, Physical Activity Pilot	Oxford University Hospitals NHS Foundation Trust	Senior Physiotherapist with a particular interest in neuro-rehabilitation. Physical Activity Champion for the Active Hospital Project at Oxford University Hospitals Foundation Trust. The project was commissioned by Public Health England to explore ways in which physical activity could be embedded into pathways in secondary care. Extensive work within Frailty pathways as part of this project.
Neil Heron	Consultant in Sport and Exercise Medicine; GP; Clinical Lecturer	Queen's University Belfast	Consultant in Sport and Exercise Medicine; GP; Clinical Lecturer with expertise in physical activity promotion.

Amit Mistry

Consultant in General Adult  
& Old Age Psychiatry;  
Honorary Lecturer

Oxford Health NHS  
Foundation Trust,  
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General Adult and Old Age Psychiatry and Sports Psychiatry. Chair of the Royal College of Psychiatrists (RCPsych) Sport & Exercise Psychiatry Special Interest Group.