Supplementary material - Appendix 1: Full list of inclusion/exclusion criteria

Inclusion criteria:
- Aged between 16 and 74 years inclusive
- Had one of more of the following conditions:
  - obesity i.e. a body mass index of 30–40 kg/m^2
  - hypertension
  - pre-diabetes
  - type 2 diabetes
  - lower limb osteoarthritis
  - current or recent history of treatment for depression
- Categorised as ‘inactive’ (i.e. 0 hours per week of physical exercise and in a sedentary occupation) or ‘moderately inactive’ (i.e. some activity but < 1 hour per week and in a sedentary occupation or 0 hours per week of physical exercise and in a standing occupation) according to the General Practice Physical Activity Questionnaire (GPPAQ).

Patients were excluded for the following reasons:
- Did not meet the eligibility criteria for their local ERS
- Had an unstable, severe and enduring mental health problem
- Were being treated for an alcohol or drug addiction that may have limited their involvement with the study
- Were unable to use written materials in English, unless there was a designated family member or friend to act as translator.