

Supplement 1. Search strategy used for the Medline database

The search strategy for Medline is presented below. This strategy was adopted for each database used and limited to English language.

1. exp exercise/ or physical exertion/ or physical fitness/ or "physical education and training"/ or Sports/ or exercise therapy/ or dancing/ or swimming/ or walking/ or baseball/ or basketball/ or bicycling/ or boxing/ or football/ or golf/ or gymnastics/ or hockey/ or yoga/ or Tai Ji/ or gardening/ or hobbies/ or leisure activities/
2. (physical\$ adj5 (fit\$ or train\$ or activ\$ or endur\$ or exert\$ or educat\$ or exercise\$)).ti,ab.
3. ((lifestyle\$ or life-style\$) adj5 activ\$).ti,ab.
4. ((lifestyle\$ or life-style\$) adj5 physical\$).ti,ab.
5. inactive\$.ti,ab.
6. (sedentary adj5 (lifestyle\$ or life-style\$ or population\$ or occupation\$ or behav\$)).ti,ab.
7. or/1-6
8. (increase\$ or promot\$ or improv\$ or prevent\$ or reduc\$ or uptake\$ or adher\$ or encourag\$).ti,ab.
9. (intervention\$ or advis\$ or advice or counsel\$ or prescri\$ or educat\$ or program\$ or scheme\$).ti,ab.
10. ((brief or minimal) adj5 intervention\$).ti,ab.
11. ((brief or opportunist\$ or concise or short or direct or lifestyle or written or oral or verbal or personali?ed or individuali?ed) adj2 (advice or counselling or counseling or negotiation\$ or guidance or discussion\$ or encouragement or intervention\$ or program\$ or meeting\$ or session\$)).ti,ab.
12. (health adj5 (promot\$ or behave\$)).ti,ab.
13. (prevent\$ adj5 medicine).ti,ab.
14. (behav\$ adj5 (chang\$ or modif\$)).ti,ab.
15. ((lifestyle\$ or life-style) adj5 chang\$).ti,ab.
16. ("motivational interview\$" or "motivational counselling" or "motivational counseling" or "motivational intervention\$").ti,ab.
17. exp Health Promotion/ or Health Behavior/ or Preventive Medicine/ or Counseling/
18. (Patient\$ education or health education or health literacy).ti,ab
19. (patient\$ adj2 (counselling or counseling or advice)).ti,ab
20. or/8-19
21. Primary health care/
22. Primary prevention/
23. Physicians, family/ or general practitioners/ or physicians primary care/
24. exp general practice/
25. primary care nursing/
26. public health nursing/
27. family nursing
28. community
29. (practice nurse\$ or primary care or gp\$ or general practitioner\$ or family physician\$ or health visitor\$ or primary healthcare or primary health care or community health or community healthcare).ti,ab.
30. (gp\$ adj2 (surger\$ or care or service\$ or centre\$ or clinic\$ or facilit\$)).ti,ab.
31. or/21-30
32. exp economics/
33. exp "Costs and Cost Analysis"/

34. (cost\$ adj2 (benefit\$ or utility\$ or utilis\$ or minim\$)).ti,ab
35. exp models economic/
36. or/32-35
37. 7 and 20 and 31 and 36
38. letter.pt.
39. editorial.pt.
40. historical article.pt.
41. or/38-40
42. 37 not 41