

### **(a) Lack of professional support**

*'(GP) never mentions it (diet). Maybe he's given up.'* (M, 61, Rol, G +2.5 (39), D -9 (26)).

*'If you're going to them you will have to pay for it – my doctor's 70 euros.'* (M, 54, Rol, G NA (13), D-3 (49)).

### **(b) Temptations and treats**

*'I was just bored, I've fallen into sneaking (sweets).'* (M, 61, NI, G0 (0), D+22 (32))

*'I should do these exercises which I find very boring – sometimes I just don't bother.'* (F, 74, NI, G-3 (9), D-28 (57)).

### **(c) Unhelpful social contacts**

*'I've a grandchild, she'll come over and we'll have chips, and then we'll have chocolate....'* (M, 54, Rol, G NA (13), D-3 (49)).

*'I would to get into the early morning swim but the wife isn't too keen (laughs), on anything with me getting up so early.'* (M, 73, NI, G+18 (3), D-1 (20)).

*'Your mates all used to tease you... they just tormented you... laughed at me with fish in the morning for breakfast.'* (M, 74, NI, G NA (0), D-1 (13)).

*'If I take one cigarette out of my wife's packet I'm back again, it's making it harder for me.'* (M, 61, S, G-22, D-7).

*'My daughter, if she's having a beer or a glass of wine I'll have a beer. If she wasn't .... I probably would take less.'* (M, 61, S, G +2.5, D -9).

### **(d) Personal problems**

*'With my breast removed I don't like to go swimming.'* (F, 74, NI, G-3 (9), D-28 (57)).

*'I would feel embarrassed at not being able to do it myself.'* (M, 56, NI, G0 (0), D+15 (59)).

*'I have arthritis.... I can't go for a walk, the legs hurt.'* (M, 78, Rol, G NA (15), D-10 (75)).

*'Because I'm a diabetic, it's more frightening.... my feet are a problem and my sight's another thing. The heart would be the least of my troubles.'* (F, 77, Rol, G-6 (0), D-5 (36)).

*'We used to go walking almost every day, but the past four months with this building it all fell by the wayside. It's a nightmare, it's really destroyed our lifestyle.'* (M, 66, Rol, G+2.5 (39), D-9 (26)).