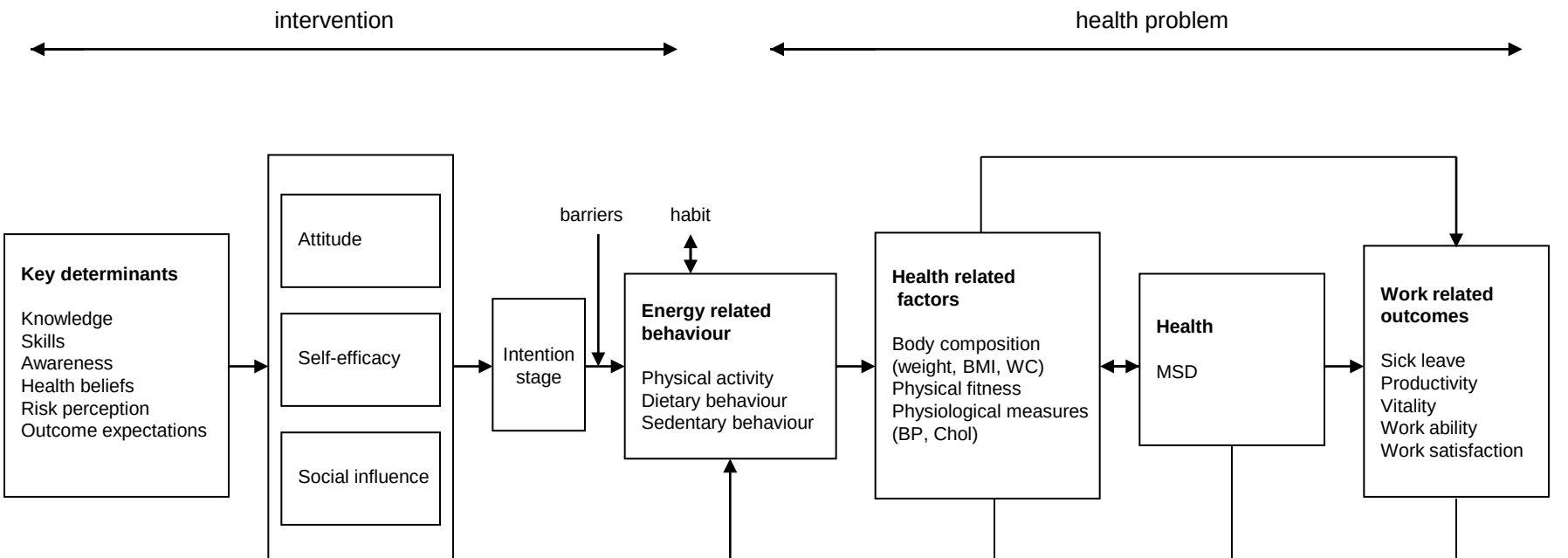
intervention
health problem
Key determinants
Knowledge
Skills
Awareness
Health beliefs
Risk perception
Outcome expectations
Attitude
Self-efficacy
Social influence
barriers
habit
Intention stage
Energy related behaviour
Physical activity
Dietary behaviour
Sedentary behaviour
Health related factors
Body composition (weight, BMI, WC)
Physical fitness
Physiological measures (BP, Chol)
Health
MSD
Work related outcomes
Sick leave
Productivity
Vitality
Work ability
Work satisfaction