

Moderate-intensity physical activity

30 minutes
≥ 5 times weekly

Pedometer
Web page to monitor activities

Circuit training

45 minutes
Twice weekly

Warm up
Muscle strength
3 x 10 repetitions
50-80 % of 1 RM
hydraulic machines

Aerobic exercise
3 x 10 stations
60-85% of heart rate maximum

Cool down & stretching

Physio coach available 1 hour every other week

Support group meetings

60 minutes
Every other week

Content and behavioral strategies based on SCT and TTM

5-10 participants/group

Trained physio coaches

Meetings based on handbook

Expert lectures

1-2 first year on:

Medication
Complementary medicine
Diet
Hand training
Feet and shoes

Try alternative physical activities in new settings
Challenge competitions, The Fox-walk test,
Short text messages

HEPA
Knowledge, attitudes, skills
Behaviour

Outcome
Perceived health
Aerobic capacity
Muscle function

