

## Programme Objectives

Establish a pattern of regular physical activity

Establish healthy eating practices

## Behavioural Determinants

*psychological determinants*

- motivation
- self-efficacy
- attitudes

*environmental determinants*

- cost
- distance to travel
- travel options
- opening times
- working hours
- availability of equipment
- physical environment

*personal resources*

- time management skills
- social support
- prior experience of PA/healthy eating
- stability of daily routine/working hours
- time commitments

*intervention related determinants*

- relationship with advisor
- perceived relevance / importance
- perception of potential benefit
- task clarity
- feedback/perceived improvement

*proximal performance objectives\**

## Intervention Strategies

- Climate supportive of self-determined motivation (i.e., need support)
- Set graded tasks  
Encourage reflection on prior success
- Tailor information to align with priorities

- Multi-site service
- Free use of facilities
- Provision of incentives
- Flexible appointment system

- Recruitment in friendship groups
- Flexible appointments
- Promotion of habit formation

- Autonomy supportive advisor style
- Presentation of convincing rationale
- Provision/facilitation of regular feedback