

Additional file 1: Aspire schedule

Throughout Aspire there is a weekly ‘big group session’, ‘small group exercise session’ and ‘1-to-1 session’. ‘Big group sessions’ consisted of an hour discussion (detailed below) and a circuit training session with progressive introduction of different pieces of equipment.

Varying set-ups each week included simple circuits, timed exercises, paired workouts, games using dice, army drill circuit, outdoor training. Small group exercise sessions involved hour long physical activity in groups of four. 1-to1 sessions consisted of discussion around individual issues and physical activity. Additional activities provided during the programme are also detailed below.

Week	Big group discussion	Other activities
1	<ul style="list-style-type: none"> • Signing ‘contracts’, recap of 6 months, give out plates, bowls and food diaries. • Weight and body fat measurements • Mental/emotional health questionnaires (PHQ-9 and Warwick-Edinburgh) 	<ul style="list-style-type: none"> • Saturday – induction: diet plans, exercise/ circuit training technique, sessions for increasing food knowledge • Sunday – fitness assessments and initial waist, hip and chest measurements done in small groups
2	<ul style="list-style-type: none"> • Working out ‘portions’ from food labels 	
3	<ul style="list-style-type: none"> • Meal planning • Hunger vs craving • Triggers to over eating 	
4	<ul style="list-style-type: none"> • First visit from previous Aspire clients 	
5	<ul style="list-style-type: none"> • Case study on a group leaders weight loss experience 	
6	<ul style="list-style-type: none"> • Drinks (alcoholic and non-alcoholic) 	
7	<ul style="list-style-type: none"> • Cooking – healthy lunches, focus on lunch away from home 	
8	<ul style="list-style-type: none"> • Family exercise session 	
9	<ul style="list-style-type: none"> • Write encouraging letter to yourself (these are returned to participants later on in the programme) • Discussion around the hardest/ easiest things so far 	

10	<ul style="list-style-type: none"> • Takeaways 	<ul style="list-style-type: none"> • Optional group walk (Saturday), friends and family also invited
11	<ul style="list-style-type: none"> • Cooking – evening meal ideas • Weight loss graphs 	
12	<ul style="list-style-type: none"> • Second visit from previous Aspire clients 	<ul style="list-style-type: none"> • Mid-way fitness assessments, weight, body composition, measurements
13	<ul style="list-style-type: none"> • 5k challenge preparation 	
14*	<ul style="list-style-type: none"> • Halfway questions – what has been most helpful, what else would they like to know – ranked importance by group 	<ul style="list-style-type: none"> • Saturday 5k challenge
15	<ul style="list-style-type: none"> • Mental health and weight loss 	
16	<ul style="list-style-type: none"> • Giving out and sharing letters written in week 9 	
17	<ul style="list-style-type: none"> • Receiving and accepting compliments 	
18	<ul style="list-style-type: none"> • Principles of exercise and how to plan a workout 	<ul style="list-style-type: none"> • Optional group walk (Saturday), friends and family also invited
19	<ul style="list-style-type: none"> • Dealing with celebrations (focus on Christmas and New Year or Easter and bank holidays depending on time of year) 	
20	<ul style="list-style-type: none"> • Continuation from week 19 	
21	<ul style="list-style-type: none"> • Question and answer session 	
22	<ul style="list-style-type: none"> • What happens after Aspire 	
23	<ul style="list-style-type: none"> • Previous Aspire written case studies/ reasons given for weight regain after finishing Aspire 	
24	<ul style="list-style-type: none"> • Graph showing individuals BMI change, with discussion around health risks still associated with being at that BMI 	<ul style="list-style-type: none"> • Saturday 10k challenge
25	<ul style="list-style-type: none"> • Bring and show old clothing from the beginning of Aspire 	
26	<ul style="list-style-type: none"> • Personal journey packs 	

*Depending on what is discussed on week 14, subsequent sessions are subject to change