

First visit	→	Group-based rehabilitation programme	→	Final visit
Individual motivational interviewing		Education of self-management 1.5 hours in 6 weeks		Individual follow-up meeting
Planning of the programme		Supervised exercise 2 x 1.5 hours in 12 weeks		Evaluation of the programme
Set personal goals		Diet instruction 2 x 3 hours cooking 1 x 2 hours shopping advice		Evaluate personal goals
		Smoking cessation course (not mandatory)		Future plans