

Supplementary file 1 Facilitating factors sorted in clusters and rated by effectiveness, feasibility and changeability by healthcare professionals (HCPs)

Statement	Effectiveness		Feasibility		Changeability	
	Mean	SD	Mean	SD	Mean	SD
Cluster 1 Everyday activities as opportunities for facilitating PA						
Encourage to use active transport for short distances	4.78	0.44	4.33	0.87	4.44	0.53
Plan to start every day active with for example a 10-minute walk	3.44	0.88	3.33	1.00	3.33	1.00
Recommend to place the physical activity equipment ready for use e.g. sports equipment, rain jacket	3.78	0.67	4.00	0.71	3.78	0.97
Recommend to place the bike in front of the car to encourage biking as a primary mode of transport	3.56	1.13	3.44	0.73	3.11	1.05
Recommend to wear sports clothes under regular clothing during the day	3.33	1.00	3.00	1.22	2.89	1.17
Use nudges as reminders to be physically active like for example to take the stairs	3.67	0.71	3.78	0.44	3.88	0.64
Place reminders in visible places to encourage activities such as breaks in sitting behavior, use the bike	3.67	0.71	3.56	0.53	3.78	0.67
Recommend to stand up, move around, or change posture every 30 minutes	4.22	0.67	3.67	0.87	3.56	0.73
Recommend to be physically active during lunch breaks	3.89	0.60	3.44	0.53	3.11	0.93
Shift your habits like for example linking necessary transport time with being active (use the bike or go by foot)	4.11	0.33	3.89	0.33	3.89	0.60
Try to use small triggers that mentally prepare for the planned physical activity moment, like phone reminders	3.67	0.87	3.78	0.67	4.00	0.71
Home-based physical activity program, like videos or an online tool	3.89	0.60	3.89	0.60	3.67	0.71
Create awareness that walking 10 minutes already adds roughly 1200 steps to your pedometer	4.11	0.60	3.89	0.33	3.89	0.60
Recommend to use the restroom on another floor and use the stairs to reach it	4.22	0.67	4.22	0.44	4.11	0.33
	3.88	0.79	3.73	0.75	3.67	0.86
Cluster 2 Awareness and education of the benefits regarding PA facilitation						
Create awareness of the added value of being physically active	4.56	0.53	4.78	0.44	4.11	0.78
Education on the importance of physical activity for several health outcomes	4.44	0.53	4.67	0.50	4.33	0.71
Education on different intensities of being physically active and highlight the benefits of each intensity	4.22	0.44	4.44	0.73	3.67	0.87
Create awareness that, aside from structured physical activity programs, any other physical activity is beneficial	4.11	0.78	4.33	0.71	4.00	0.71
Realize that physical activity does not only include sports	4.33	0.50	4.33	0.71	4.11	0.60
Create awareness of the role of some medication types on physical activity, weight status, overall feeling	3.56	0.88	3.44	0.73	3.11	0.78
Discuss that poor mental health and wellbeing can decrease motivation to be physically active	4.00	0.71	3.89	0.60	3.56	0.88

Identify sedentary behavior or screen time and search for possibilities to incorporate activity	4.00	0.71	4.00	0.50	4.00	0.50
Create awareness that being more physically active doesn't necessarily require more time	4.33	0.71	3.78	0.44	3.89	0.60
	4.17	0.69	4.19	0.71	3.86	0.77
Cluster 3 Social networks facilitating PA						
Group sessions with guidance of healthcare professionals or coaches	3.89	0.78	3.89	0.78	3.89	1.05
Share positive experiences related to physical activity with peers	4.22	0.67	3.67	0.87	3.89	0.60
Share negative experiences related to physical activity with peers	4.00	0.71	3.78	0.67	3.56	0.73
Learn from peers on how they incorporate more physical activity into their daily live	4.22	0.83	3.89	0.78	3.78	0.83
Meet with peers to be physical active during your leisure time	3.89	0.60	3.56	0.88	3.44	1.01
Acknowledge the feeling of not being alone	4.22	1.09	4.11	0.93	4.11	0.93
Find a buddy to be physical active with i.e. partner, family	3.78	0.83	3.56	0.53	3.33	0.71
Find a buddy to be physical active with i.e. a peer, friends	3.89	0.60	3.22	0.67	3.22	0.83
Involve the physical activity buddy not only in sports but also in low-threshold physical activity	3.33	0.50	3.56	0.53	3.44	0.73
Social modelling of a healthcare professional who give the example of being physically active	4.78	0.44	4.22	0.44	3.89	0.60
Create a mindset to be more physically active with other people	4.33	0.71	3.56	0.53	3.67	0.87
Encourage enthusiasm in physical activity group sessions	4.44	0.73	4.00	0.71	4.11	0.93
Share success stories of becoming more physically active with healthcare professionals, in peer groups, with family, with friends	4.00	0.71	3.89	0.78	3.67	1.00
Group discussions with peers to discuss barriers related physical activity and weight status	4.44	0.73	3.67	0.50	3.67	0.71
Track progress of being physically active to reinforce success such as before-and-after reports	3.89	0.78	3.44	0.73	3.67	0.50
Cities organizing group classes with peers (e.g. adults with overweight) to lower the threshold for attending	3.78	0.83	3.33	0.71	3.33	1.22
	4.07	0.77	3.71	0.72	3.67	0.84
Cluster 4 Digital and external tools facilitating PA						
Each guided physical activity program should have a future plan to continue being physical active on their own	4.00	1.00	3.89	0.60	3.78	0.83
Provide various mobilizing exercises via a platform	3.33	0.71	3.89	0.60	3.89	0.60
Identify physical activity opportunities in various contexts such as home, work, leisure, household	3.89	0.60	3.78	0.67	3.67	1.22
Track physical activity with an activity tracker or smartphone to get insights in your behavior	3.33	0.71	3.33	0.71	3.56	0.73
External person that evaluate your home environment to find possibilities to be more active	3.11	0.93	2.89	1.05	3.22	1.09

Plan fixed time slots to be physically active throughout the week	4.56	0.53	4.33	0.71	4.44	0.53
Explore accessible possibilities (easy to use, user friendly) to engage in more physical activity	4.11	0.78	4.44	0.53	4.11	1.05
Discuss and identify practical adjustments within the home environment to stimulate more physical activity	4.22	0.67	4.22	0.67	4.00	0.87
Diary to get insights into the total day i.e. reporting physical activity and sedentary behavior	3.33	0.87	3.44	0.73	3.22	1.09
Write down (easy) ideas or tools to be physically active	4.11	0.60	3.78	0.44	3.78	0.67
Identify success experiences in the past and explore which key elements were necessary to achieve it	4.11	0.33	4.11	0.33	3.78	0.67
Let them try to remember how you felt when you were more physically active in the past	4.00	0.50	4.11	0.60	3.56	0.73
Let them try to reach enjoyment while being physically active	4.78	0.44	4.00	0.50	4.00	0.87
Explore the reason why they do or don't enjoy certain activities	4.56	0.53	3.89	0.33	3.67	0.87
Link enjoyable activities to physical activity, like watching TV while using an exercise bike	3.89	0.93	4.00	0.50	4.00	0.71
Listen to podcasts while being physically active	3.56	1.01	3.89	0.60	3.89	0.78
Match the duration of your physical activity session with the length of a podcast or TV series	3.44	1.01	3.78	0.67	3.78	0.83
Let them focus on enjoying physical activity rather than doing it perfectly	4.22	0.67	3.89	0.33	3.33	0.71
Try different sports to discover what they enjoy	3.89	0.93	3.44	0.73	3.33	1.00
Always have some backup plans ready in case the initial plan is not happening, doing something is better than nothing	3.89	0.78	3.89	0.78	3.67	0.71
	4.04	0.80	3.95	0.61	3.77	0.84
Cluster 8 Positive mindset building regarding PA by awareness and education						
Awareness about the finite nature of certain physical activity programs or goals and think about future plans	3.44	0.88	3.89	0.33	3.44	0.73
Awareness raising that starting with low-intensity physical activity is already a good start to become more physically active	4.56	0.53	4.56	0.53	4.11	0.78
Education on how to create a realistic physical activity plan	3.78	0.44	3.89	0.60	3.67	0.87
Awareness that having a bad day is not the same as failing	4.56	0.53	4.00	1.00	3.56	1.01
Awareness that starting to be become more physically active is the hardest part, but it gets easier	3.67	0.50	4.00	0.50	3.56	0.53
Awareness to focus on yourself and not competing with others	4.11	0.60	4.11	0.60	3.67	0.87
Create competition with your own goals	4.00	0.50	3.67	0.50	3.78	0.67
Awareness that physical activity does not have to cost money	4.00	0.71	3.89	0.60	3.67	0.50
Create understanding why you want to be more physically active	4.56	0.73	4.11	0.60	3.89	1.27
Identify potential barriers that could hinder goal achievement, like weather or lack of time	4.56	0.73	4.22	0.67	4.00	0.50

Awareness that this process comes with ups-and-downs	4.22	0.67	4.44	0.73	4.11	0.78
Awareness that many of our behavior are habits which make it difficult to change	4.11	0.60	3.89	0.33	3.89	1.17
Awareness that changing habits often takes a lot of time	4.22	0.44	3.78	0.44	3.78	0.67
Write down and discuss reasons why they may have previously stopped being physical active	4.11	0.60	4.33	0.71	3.44	0.73
Discover more reasons of being physical active than just weight loss	4.44	0.73	4.00	0.50	4.11	0.78
Awareness that physical activity has more benefits than weight loss	4.22	0.67	4.11	0.60	3.89	0.93
	4.16	0.68	4.06	0.61	3.78	0.81
Cluster 9 Motivation and goal setting to facilitate PA						
Set together feasible individualized goals to engage in (more) physical activity	4.89	0.33	4.22	0.44	4.11	0.60
Set together realistic physical activity goals and avoid over-ambition	4.67	0.50	4.22	0.44	4.22	0.67
Make use of self-report questionnaire to provide insights in time spent sitting each day	3.56	0.88	3.44	0.88	3.67	0.87
Recommend to start with easy, achievable goals to become more physically active	4.67	0.50	4.33	0.50	4.22	0.44
Identify together what doesn't work for them to be more physically active and replace with options that might work	4.22	0.67	3.78	0.44	3.56	0.53
Identify together enjoyable physical activities from the past	4.11	0.33	4.22	0.44	3.56	0.88
Shift their mindset from MUST be physical active to WANT to be physically active	4.56	0.53	3.33	0.50	3.56	1.01
When creating a physical activity plan, incorporate activities they enjoy as the key to long-term consistency and success	4.56	0.73	4.11	0.60	3.89	0.60
Use a consistency calendar to track when and how long they were physical active	3.78	0.67	3.89	1.05	3.63	0.74
Use the 80% consistency method. For example set a goal to do 3 times/week a physical activity session of 60 minutes for 4 weeks and aim for 80% completion	3.78	0.83	3.44	1.01	3.44	0.73
Set realistic short-term physical activity goals	4.44	0.53	4.11	0.33	4.11	0.60
After a certain period, evaluate feasibility of the predefined physical activity goal, considering time efficiency	3.89	0.60	3.56	0.53	3.78	0.67
Explore the self-reported movement diary to find opportunities for being physical active	3.67	0.71	3.44	0.53	3.44	0.88
	4.21	0.73	3.85	0.70	3.78	0.74
Cluster 10 Environmental facilities, financial support and online tools to facilitate PA						
Identification of physical activity opportunities in the environment, like an exercise bench or outdoor fitness trails	3.56	0.73	3.22	0.97	2.89	1.05
Provide examples of free options to be more physically active	4.22	0.67	3.63	0.52	3.56	1.13

Identify social modelling examples of people being active such as colleagues who interrupt their sitting behavior during meetings	4.22	0.83	3.33	0.87	3.89	1.05
Invest in incorporating physical activity mindset at work, in the home environment, among their family and friends	4.44	0.53	3.33	1.00	3.78	1.39
A work environment encouraging physical activity such as providing standing desks or nudges to take the stairs	4.22	0.67	3.33	1.00	3.44	1.13
Walking meetings	3.56	1.01	3.11	1.36	3.11	1.54
When you need to print, try to choose the farthest printer	3.56	0.73	4.00	0.71	4.11	0.60
Place a water bottle in another room which encourages to stand up and refill it	3.78	0.67	4.22	0.67	4.11	0.60
Subsidies by the government to make sports affordable for everyone	3.44	0.53	3.00	0.50	2.89	1.27
Municipalities/cities ensuring that sports are financially accessible for everyone, offering affordable activities and equipment	3.56	0.53	3.00	0.71	3.00	1.32
More government subsidies for primary prevention	3.89	0.78	3.11	0.78	3.11	1.27
Follow role models on social media, like someone who is training for a goal (e.g. average Rob)	3.33	1.12	3.56	0.73	3.33	1.12
Create an active environment at work to break sitting time without seeing it as unproductive	4.00	0.50	3.11	0.60	3.22	0.97
Try to spot social modelling by colleagues who are physically active during working hours or break their sitting behavior	3.67	0.87	3.22	0.67	3.33	1.22
Publicity of fitness centres or sports lessons should show diversity in body sizes to indicate inclusivity	3.67	1.00	3.00	1.00	3.22	1.30
Free lessons to try out different sports activities	4.00	0.50	3.33	0.71	3.22	0.83
Use digital tools like pedometers to get insights in steps a day	3.44	0.73	3.78	0.67	3.78	0.67
	3.80	0.78	3.37	0.85	3.41	1.13