**Supplementary material 7:** List of included papers

|  |  |
| --- | --- |
| **Author and year** | **Title** |
| Allen 2012[[1](#_ENREF_1)] | Patient and provider interventions for managing osteoarthritis in primary care: protocols for two randomized controlled trials |
| Allen 2017 [[2](#_ENREF_2)] | Patient, provider, and combined interventions for managing osteoarthritis in primary care: A cluster randomized trial |
| Andryukhin 2010 [[3](#_ENREF_3)] | The impact of a nurse-led care programme on events and physical and psychosocial parameters in patients with heart failure with preserved ejection fraction: A randomized clinical trial in primary care in Russia |
| Arden 2017 [[4](#_ENREF_4)] | Evaluation of a rolling rehabilitation programme for patients with non-specific low back pain in primary care: an observational cohort study |
| Åsenlöf 2005 [[5](#_ENREF_5)] | Individually tailored treatment targeting activity, motor behavior, and cognition reduces pain-related disability: A randomized controlled trial in patients with musculoskeletal pain |
| Åsenlöf 2009 [[6](#_ENREF_6)] | Long-term follow-up of tailored behavioural treatment and exercise based physical therapy in persistent musculoskeletal pain: A randomized controlled trial in primary care |
| Avery 2016 [[7](#_ENREF_7)] | Systematic development of a theory-informed multifaceted behavioural intervention to increase physical activity of adults with type 2 diabetes in routine primary care: Movement as Medicine for Type 2 Diabetes |
| Barrett 2017 [[8](#_ENREF_8)] | Feasibility of a physical activity pathway for Irish primary care physiotherapy services |
| Bearne 2011 [[9](#_ENREF_9)] | Feasibility of an exercise-based rehabilitation programme for chronic hip pain |
| Bierman 2001 [[10](#_ENREF_10)] | Functional status, the sixth vital sign |
| Bickerdike 2017 [[11](#_ENREF_11)] | Social prescribing: less rhetoric and more reality. A systematic review of the evidence |
| Bird 2019 [[12](#_ENREF_12)] | General practice referral of ‘at risk’populations to community leisure services: applying the RE-AIM framework to evaluate the impact of a community-based physical activity programme for inactive adults with long-term conditions |
| Bjerk 2017 [[13](#_ENREF_13)] | A falls prevention programme to improve quality of life, physical function and falls efficacy in older people receiving home help services: Study protocol for a randomised controlled trial |
| Bjerre 2019 [[14](#_ENREF_14)] | Community-based football in men with prostate cancer: 1-year follow-up on a pragmatic, multicentre randomised controlled trial |
| Boehler 2011 [[15](#_ENREF_15)] | The cost of changing physical activity behaviour: evidence from a" physical activity pathway" in the primary care setting |
| Bossen 2013 [[16](#_ENREF_16)] | Effectiveness of a web-based physical activity intervention in patients with knee and/or hip osteoarthritis: randomized controlled trial |
| Brannan 2019 [[17](#_ENREF_17)] | Moving healthcare professionals–a whole system approach to embed physical activity in clinical practice |
| Bull 1995 [[18](#_ENREF_18)] | Beliefs and behaviour of general practitioners regarding promotion of physical activity |
| Bull 2008 [[19](#_ENREF_19)] | Evaluation of the Physical Activity Care Pathway London Feasibility Pilot–Final Technical Report |
| Bull and Milton 2010 [[20](#_ENREF_20)] | A process evaluation of a" physical activity pathway" in the primary care setting. |
| Campbell 2015 [[21](#_ENREF_21)] | A systematic review and economic evaluation of exercise referral schemes in primary care: a short report |
| Chaplin 2015 [[22](#_ENREF_22)] | The evaluation of an interactive web-based Pulmonary Rehabilitation programme: protocol for the WEB SPACE for COPD feasibility study |
| Chatterjee 2017 [[23](#_ENREF_23)] | GPs’ knowledge, use, and confidence in national physical activity and health guidelines and tools: a questionnaire-based survey of general practice in England |
| Chong 2014 [[24](#_ENREF_24)] | Physical activity program preferences and perspectives of older adults with and without cognitive impairment |
| Comer 2013 [[25](#_ENREF_25)] | A Home Exercise Programme Is No More Beneficial than Advice and Education for People with Neurogenic Claudication: Results from a Randomised Controlled Trial |
| Coombes 2015 [[26](#_ENREF_26)] | "Exercise is medicine": Curbing the burden of chronic disease and physical inactivity |
| Copeland 2019 [[27](#_ENREF_27)] | Evaluation of the Public Health England and Sport England Funded Physical Activity Clinical Advice Pad Pilot |
| Coulter 2016 [[28](#_ENREF_28)] | Personalised care planning for adults with chronic or long‐term health conditions |
| Craike 2019 [[29](#_ENREF_29)] | General practitioner referrals to exercise physiologists during routine practice: A prospective study |
| Croteau 2006 [[30](#_ENREF_30)] | Physical activity advice in the primary care setting: results of a population study in New Zealand. |
| Dacey 2014 [[31](#_ENREF_31)] | Physical activity counseling in medical school education: a systematic review |
| Daniellson 2016 [[32](#_ENREF_32)] | Crawling Out of the Cocoon: Patients' Experiences of a Physical Therapy Exercise Intervention in the Treatment of Major Depression. |
| Dejonghe 2020 [[33](#_ENREF_33)] | Health coaching for promoting physical activity in low back pain patients: a secondary analysis on the usage and acceptance |
| Devi 2014 [[34](#_ENREF_34)] | A web-based program improves physical activity outcomes in a primary care angina population: Randomized controlled trial |
| Din 2015 [[35](#_ENREF_35)] | Health professionals’ perspectives on exercise referral from a process evaluation of the National Exercise Referral Scheme in Wales |
| Dunlop and Murray 2013 [[36](#_ENREF_36)] | Major limitations in knowledge of physical activity guidelines among UK medical students revealed: implications for the undergraduate medical curriculum |
| Eakin 2008 [[37](#_ENREF_37)] | The Logan Healthy Living Program: A cluster randomized trial of a telephone-delivered physical activity and dietary behavior intervention for primary care patients with type 2 diabetes or hypertension from a socially disadvantaged community - Rationale, design and recruitment |
| Eakin 2010a [[38](#_ENREF_38)] | Living Well with Diabetes: a randomized controlled trial of a telephone-delivered intervention for maintenance of weight loss, physical activity and glycaemic control in adults with type 2 diabetes. |
| Eakin 2010b [[39](#_ENREF_39)] | Maintenance of physical activity and dietary change following a telephone-delivered intervention |
| Ewald 2018 [[40](#_ENREF_40)] | Physical activity coaching by Australian Exercise Physiologists is cost effective for patients referred from general practice |
| Fife-Schaw 2014 [[41](#_ENREF_41)] | Comparing exercise interventions to increase persistence with physical exercise and sporting activity among people with hypertension or high normal blood pressure: Study protocol for a randomised controlled trial |
| Forsyth 2009 [[42](#_ENREF_42)] | Dietitians and exercise physiologists in primary care: Lifestyle interventions for patients with depression and/or anxiety |
| Gamboa Moreno 2013 [[43](#_ENREF_43)] | Impact of a self-care education programme on patients with type 2 diabetes in primary care in the Basque Country |
| Gamboa Moreno 2016 [[44](#_ENREF_44)] | A Pilot Study to Assess the Feasibility of the Spanish Diabetes Self-Management Program in the Basque Country |
| Goode 2012 [[45](#_ENREF_45)] | Telephone-delivered interventions for physical activity and dietary behavior change: an updated systematic review |
| Grant 2014 [[46](#_ENREF_46)] | Exercise as a vital sign: A quasi-experimental analysis of a health system intervention to collect patient-reported exercise levels |
| Healey 2018 [[47](#_ENREF_47)] | The feasibility and acceptability of a physical activity intervention for older people with chronic musculoskeletal pain: The iPOPP pilot trial protocol |
| Hinrichs 2011a [[48](#_ENREF_48)] | General practitioner advice on physical activity: analyses in a cohort of older primary health care patients (getABI) |
| Hinrichs 2011b [[49](#_ENREF_49)] | Effects of an exercise programme for chronically ill and mobility-restricted elderly with structured support by the general practitioner's practice (HOMEfit) - study protocol of a randomised controlled trial |
| Hinrichs 2016 [[50](#_ENREF_50)] | Home-Based Exercise Supported by General Practitioner Practices: Ineffective in a Sample of Chronically Ill, Mobility-Limited Older Adults (the HOMEfit Randomized Controlled Trial) |
| Holden 2012 [[51](#_ENREF_51)] | Role of exercise for knee pain: What do older adults in the community think? |
| Hurley 2018 [[52](#_ENREF_52)] | Exercise interventions and patient beliefs for people with hip, knee or hip and knee osteoarthritis: A mixed methods review |
| Husk 2019 [[53](#_ENREF_53)] | What approaches to social prescribing work, for whom, and in what circumstances? A realist review |
| James 2017 [[54](#_ENREF_54)] | Referral for Expert Physical Activity Counseling: A Pragmatic RCT |
| Jansink 2010 [[55](#_ENREF_55)] | Primary care nurses struggle with lifestyle counseling in diabetes care: a qualitative analysis |
| Jones 2018 [[56](#_ENREF_56)] | Development of a physical literacy model for older adults–a consensus process by the collaborative working group on physical literacy for older Canadians |
| Jorgensen 2012 [[57](#_ENREF_57)] | How do general practitioners in Denmark promote physical activity? |
| Kosteli 2017 [[58](#_ENREF_58)] | Barriers and enablers of physical activity engagement for patients with COPD in primary care |
| Lamming 2017 [[59](#_ENREF_59)] | What do we know about brief interventions for physical activity that could be delivered in primary care consultations? A systematic review of reviews |
| Leemrijse 2015 [[60](#_ENREF_60)] | Collaboration of general practitioners and exercise providers in promotion of physical activity a written survey among general practitioners |
| Leenaars 2016 [[61](#_ENREF_61)] | The role of the care sport connector in the Netherlands |
| Leijon 2008 [[62](#_ENREF_62)] | Physical activity referrals in Swedish primary health care - Prescriber and patient characteristics, reasons for prescriptions, and prescribed activities |
| Lindeman 2020 [[63](#_ENREF_63)] | The extent to which family physicians record their patients’ exercise in medical records: a scoping review |
| Lion 2019 [[64](#_ENREF_64)] | Physical activity promotion in primary care: a Utopian quest? |
| Lobelo 2009 [[65](#_ENREF_65)] | Physical activity habits of doctors and medical students influence their counselling practices |
| Lohmann 2010 [[66](#_ENREF_66)] | Fitness consultations in routine care of patients with type 2 diabetes in general practice: An 18-month non-randomised intervention study |
| Loughren 2014 [[67](#_ENREF_67)] | ‘Let’s Get Moving’Physical Activity Care Pathway (Gloucestershire) Post-Programme Evaluation Report. |
| Martin-Borras 2018 [[68](#_ENREF_68)] | A new model of exercise referral scheme in primary care: is the effect on adherence to physical activity sustainable in the long term? A 15-month randomised controlled trial |
| McDonough 2013 [[69](#_ENREF_69)] | Pedometer-driven walking for chronic low back pain: A feasibility randomized controlled trial |
| McKay 2001 [[70](#_ENREF_70)] | The Diabetes Network Internet-Based Physical Activity Intervention A randomized pilot study. |
| Melillio 2000 [[71](#_ENREF_71)] | Perceptions of nurse practitioners regarding their role in physical activity and exercise prescription for older adults |
| Moore 2013 [[72](#_ENREF_72)] | Mixed-method process evaluation of the welsh national exercise referral scheme |
| Morgan 2015 [[73](#_ENREF_73)] | Physical ACtivity facilitation for Elders (PACE): Study protocol for a randomised controlled trial |
| Morishita 2014 [[74](#_ENREF_74)] | Primary care physicians' own exercise habits influence exercise counseling for patients with chronic kidney disease: A cross-sectional study |
| Faculty of Sport and Exercise Medicine UK 2018 [[75](#_ENREF_75)] | ‘Moving Medicine’ |
| Muellmann 2018 [[76](#_ENREF_76)] | Effectiveness of eHealth interventions for the promotion of physical activity in older adults: A systematic review |
| Murphy 2012 [[77](#_ENREF_77)] | An exploratory cluster randomised trial of a university halls of residence based social norms intervention in Wales, UK |
| NHS leading change [[78](#_ENREF_78)] | Introducing group consultations for adults with Type 2 diabetes |
| NICE 2015 [[79](#_ENREF_79)] | Dementia, disability and frailty in later life – mid-life approaches to delay or prevent onset. |
| NICE 2013 [[80](#_ENREF_80)] | Physical activity: brief advice for adults in primary care |
| NICE 2014 [[81](#_ENREF_81)] | Behaviour change: individual approaches |
| NICE 2014 [[82](#_ENREF_82)] | Physical activity: exercise referral schemes. |
| NICE 2019 [[83](#_ENREF_83)] | Making Every Contact Count: How NICE resources can support local priorities |
| Omura 2018 [[84](#_ENREF_84)] | Primary care providers’ physical activity counseling and referral practices and barriers for cardiovascular disease prevention |
| Parish 2006 [[85](#_ENREF_85)] | Examination of the constructs of the Transtheoretical model in patients with heart failure: a focus on physical activity readiness. |
| Parkrun practice [[86](#_ENREF_86)] | parkrun UK teams up with RCGP to 'prescribe' active lifestyles to patients and practice staff |
| Persson 2013 [[87](#_ENREF_87)] | Physical activity on prescription (PAP) from the general practitioner’s perspective–a qualitative study |
| Pescheny 2018 [[88](#_ENREF_88)] | Facilitators and barriers of implementing and delivering social prescribing services: a systematic review |
| Prochaska 2000 [[89](#_ENREF_89)] | PACE Interactive Communication Technology for Behavior Change in Clinical Settings |
| Department of Health 2012 [[90](#_ENREF_90)] | Let's Get Moving commissioning guidance |
| Quirk and Haarke 2019 [[91](#_ENREF_91)] | How can we get more people with long-term health conditions involved in parkrun? A qualitative study evaluating parkrun’s PROVE project |
| Rhodes 2020 [[92](#_ENREF_92)] | Increasing physical activity by four legs rather than two: systematic review of dog-facilitated physical activity interventions |
| Royal College of General Practitioners [[93](#_ENREF_93)] | Active Practice' Website |
| Rushforth 2016 [[94](#_ENREF_94)] | Barriers to effective management of type 2 diabetes in primary care: qualitative systematic review |
| Savill 2015 [[95](#_ENREF_95)] | Is general practice engaged with physical activity promotion? |
| Schofield 2005 [[96](#_ENREF_96)] | Trust levels of physical activity information sources: a population study |
| Shaw 2012 [[97](#_ENREF_97)] | Exercise for overweight or obesity |
| Short 2016 [[98](#_ENREF_98)] | Physical activity recommendations from general practitioners in Australia. Results from a national survey |
| Smith 2016 [[99](#_ENREF_99)] | Interventions for improving outcomes in patients with multimorbidity in primary care and community settings |
| Smith 2019 [[100](#_ENREF_100)] | Social prescribing programmes to prevent or delay frailty in community-dwelling older adults |
| Stone 2015 [[101](#_ENREF_101)] | Painful choices: a qualitative exploration of facilitators and barriers to active lifestyles among adults with osteoarthritis |
| Sturgiss 2016 [[102](#_ENREF_102)] | Increasing general practitioners' confidence and self-efficacy in managing obesity: a mixed methods study |
| UK Chief Medical Officers 2011 [[103](#_ENREF_103)] | Start Active, Stay Active: A report on physical activity from the four home countries’ Chief Medical Officers (now updated, see below) |
| UK Chief Medical Officers 2019 [[104](#_ENREF_104)] | Physical activity guidelines: UK Chief Medical Officers' report |
| Physical Activity Guidelines for Americans [[105](#_ENREF_105)] | Physical Activity Guidelines for Americans |
| Van der Wulp 2012 [[106](#_ENREF_106)] | Effectiveness of peer-led self-management coaching for patients recently diagnosed with Type 2 diabetes mellitus in primary care: A randomized controlled trial |
| Val Slujis 2005 [[107](#_ENREF_107)] | Effect of a tailored physical activity intervention delivered in general practice settings: results of a randomized controlled trial |
| Van Slujis 2005 [[108](#_ENREF_108)] | The positive effect on determinants of physical activity of a tailored, general practice-based physical activity intervention |
| Vanroy 2017 [[109](#_ENREF_109)] | Short- and long-term effects of a need-supportive physical activity intervention among patients with type 2 diabetes mellitus: A randomized controlled pilot trial |
| Verwey 2014 [[110](#_ENREF_110)] | A pilot study of a tool to stimulate physical activity in patients with COPD or type 2 diabetes in primary care |
| Verwey 2014 [[111](#_ENREF_111)] | A monitoring and feedback tool embedded in a counselling protocol to increase physical activity of patients with COPD or type 2 diabetes in primary care: Study protocol of a three-arm cluster randomised controlled trial |
| Verwey 2016 [[112](#_ENREF_112)] | Upgrading physical activity counselling in primary care in the Netherlands, Oxford University Press. |
| Verwey 2016 [[113](#_ENREF_113)] | Process evaluation of physical activity counselling with and without the use of mobile technology: A mixed methods study |
| Walsh 1999 [[114](#_ENREF_114)] | Exercise Counseling by Primary Care Physicians in the Era of Managed Care. |
| Ward 2015 [[115](#_ENREF_115)] | A Survey of Physical Activity in MedicalCurricula: A report of the HEPA in Health Care SettingsHEPA Europe Working Group |
| Weiler 2012 [[116](#_ENREF_116)] | Physical activity education in the undergraduate curricula of all UK medical schools. Are tomorrow's doctors equipped to follow clinical guidelines? |
| Weinstock 2011 [[117](#_ENREF_117)] | Lessened decline in physical activity and impairment of older adults with diabetes with telemedicine and pedometer use: results from the IDEATel study." Age and Ageing 40(1): 98-105. |
| Wheeler 2019 [[118](#_ENREF_118)] | Primary care knowledge and beliefs about physical activity and health: a survey of primary healthcare team members |
| Wilcox 2010 [[119](#_ENREF_119)] | Adoption and Implementation of Physical Activity and Dietary Counseling by Community Health Center Providers and Nurses. |
| Williams 2020 [[120](#_ENREF_120)] | Translating a walking intervention for health professional delivery within primary care: A mixed‐methods treatment fidelity assessment. |
| Wormald and Ingle 2004 [[121](#_ENREF_121)] | Hull and East Riding Primary Care Trusts, Hull. 2 Lecturer in Exercise Physiology. |

**Full reference list**

1. Allen, K.D., et al., *Patient, provider, and combined interventions for managing osteoarthritis in primary care: A cluster randomized trial.* Annals of Internal Medicine, 2017. **166**(6): p. 401-411.

2. Allen, K.D., et al., *Patient and provider interventions for managing osteoarthritis in primary care: protocols for two randomized controlled trials*, 2012.

3. Andryukhin, A., et al., *The impact of a nurse-led care programme on events and physical and psychosocial parameters in patients with heart failure with preserved ejection fraction: A randomized clinical trial in primary care in Russia.* European Journal of General Practice, 2010. **16**(4): p. 205-214.

4. Arden, K., F. Fatoye, and G. Yeowell, *Evaluation of a rolling rehabilitation programme for patients with non-specific low back pain in primary care: an observational cohort study.* Journal of Evaluation in Clinical Practice, 2017. **23**(2): p. 272-278.

5. Åsenlöf, P., E. Denison, and P. Lindberg, *Individually tailored treatment targeting activity, motor behavior, and cognition reduces pain-related disability: A randomized controlled trial in patients with musculoskeletal pain.* Journal of Pain, 2005. **6**(9): p. 588-603.

6. Åsenlöf, P., E. Denison, and P. Lindberg, *Long-term follow-up of tailored behavioural treatment and exercise based physical therapy in persistent musculoskeletal pain: A randomized controlled trial in primary care.* European Journal of Pain, 2009. **13**(10): p. 1080-1088.

7. Avery, L., et al., *Systematic development of a theory-informed multifaceted behavioural intervention to increase physical activity of adults with type 2 diabetes in routine primary care: Movement as Medicine for Type 2 Diabetes.* Implement Sci, 2016. **11**(1).

8. Barrett, E.M., J. Hussey, and C.D. Darker, *Feasibility of a physical activity pathway for Irish primary care physiotherapy services.* Physiotherapy, 2017. **103**(1): p. 106-112.

9. Bearne, L.M., et al., *Feasibility of an exercise-based rehabilitation programme for chronic hip pain.* Musculoskeletal Care, 2011. **9**(3): p. 160-168.

10. Bierman, A.S., *Functional status, the sixth vital sign.* Journal of General Internal Medicine, 2001(16): p. 785-786.

11. Bickerdike, L., et al., *Social prescribing: less rhetoric and more reality. A systematic review of the evidence.* BMJ open, 2017. **7**(4): p. e013384.

12. Bird, E.L., M.S.Y. Biddle, and J.E. Powell, *General practice referral of ‘at risk’populations to community leisure services: applying the RE-AIM framework to evaluate the impact of a community-based physical activity programme for inactive adults with long-term conditions.* BMC public health, 2019. **19**(1): p. 1308.

13. Bjerk, M., et al., *A falls prevention programme to improve quality of life, physical function and falls efficacy in older people receiving home help services: Study protocol for a randomised controlled trial.* BMC Health Services Research, 2017. **17**(1).

14. Bjerre, E.D., et al., *Community-based football in men with prostate cancer: 1-year follow-up on a pragmatic, multicentre randomised controlled trial.* PLoS medicine, 2019. **16**(10).

15. Boehler, C., et al., *The cost of changing physical activity behaviour: evidence from a "physical activity pathway" in the primary care setting.* BMC Public Health, 2011. **11**(1): p. 370-370.

16. Bossen, D., et al., *Effectiveness of a web-based physical activity intervention in patients with knee and/or hip osteoarthritis: randomized controlled trial.* Journal of medical Internet research, 2013. **15**(11).

17. Brannan, M., et al., *Moving healthcare professionals–a whole system approach to embed physical activity in clinical practice.* BMC Med Educ, 2019. **19**(1): p. 84.

18. Bull, F.C.L., et al., *Beliefs and behaviour of general practitioners regarding promotion of physical activity.* Australian Journal of Public Health, 1995. **19**(3): p. 300-304.

19. Bull, F., K. Milton, and C. Boehler, *Evaluation of the Physical Activity Care Pathway London Feasibility Pilot–Final Technical Report*, 2008: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\_data/file/192041/Evaluation\_of\_the\_Physical\_Activity\_Care\_Pathway\_London\_Feasibility\_Pilot\_-\_Report.pdf.

20. Bull, F.C. and K.E. Milton, *A process evaluation of a" physical activity pathway" in the primary care setting.* BMC Public Health, 2010. **10**(1): p. 463.

21. Campbell, F., et al., *A systematic review and economic evaluation of exercise referral schemes in primary care: a short report.* Health Technol Assess, 2015. **19**(60).

22. Chaplin, E., et al., *The evaluation of an interactive web-based Pulmonary Rehabilitation programme: protocol for the WEB SPACE for COPD feasibility study.* BMJ open, 2015. **5**(8): p. e008055.

23. Chatterjee, R., et al., *GPs’ knowledge, use, and confidence in national physical activity and health guidelines and tools: a questionnaire-based survey of general practice in England.* Br J Gen Pract, 2017. **67**(663): p. e668-e675.

24. Chong, T.W.H., et al., *Physical activity program preferences and perspectives of older adults with and without cognitive impairment.* Asia-Pacific Psychiatry, 2014. **6**(2): p. 179-190.

25. Comer, C., et al., *A Home Exercise Programme Is No More Beneficial than Advice and Education for People with Neurogenic Claudication: Results from a Randomised Controlled Trial.* PLoS ONE, 2013. **8**(9).

26. Coombes, J.S., et al., *"Exercise is medicine": Curbing the burden of chronic disease and physical inactivity.* Asia-Pacific Journal of Public Health, 2015. **27**(2): p. NP600-NP605.

27. Copeland, R., et al., *Evaluation of the Public Health England and Sport England Funded Physical Activity Clinical Advice Pad Pilot*, 2019: Sheffield: National Centre for Sport and Exercise Medicine.

28. Coulter, A., et al., *Personalised care planning for adults with chronic or long-term health conditions.* Cochrane Database Syst Rev, 2015. **3**(3).

29. Craike, M., et al., *General practitioner referrals to exercise physiologists during routine practice: A prospective study.* Journal of science and medicine in sport, 2019. **22**(4): p. 478-483.

30. Croteau, K., G. Schofield, and G. McLean, *Physical activity advice in the primary care setting: results of a population study in New Zealand.* Australian and New Zealand journal of public health, 2006. **30**(3): p. 262-267.

31. Dacey, M.L., et al., *Physical activity counseling in medical school education: a systematic review.* Medical education online, 2014. **19**(1): p. 24325.

32. Danielsson, L., B. Kihlbom, and S. Rosberg, *"Crawling Out of the Cocoon": Patients' Experiences of a Physical Therapy Exercise Intervention in the Treatment of Major Depression*, 2016.

33. Dejonghe, L.A.L., et al., *Health coaching for promoting physical activity in low back pain patients: a secondary analysis on the usage and acceptance.* BMC Sports Science, Medicine and Rehabilitation, 2020. **12**(1): p. 2.

34. Devi, R., J. Powell, and S. Singh, *A web-based program improves physical activity outcomes in a primary care angina population: Randomized controlled trial.* Journal of Medical Internet Research, 2014. **16**(9).

35. Din, N.U., et al., *Health professionals’ perspectives on exercise referral from a process evaluation of the National Exercise Referral Scheme in Wales.* Health Education J 2015. **74**(6): p. 743-757.

36. Dunlop, M. and A.D. Murray, *Major limitations in knowledge of physical activity guidelines among UK medical students revealed: implications for the undergraduate medical curriculum.* Br J Sports Med, 2013. **47**(11): p. 718-720.

37. Eakin, E.G., et al., *The Logan Healthy Living Program: A cluster randomized trial of a telephone-delivered physical activity and dietary behavior intervention for primary care patients with type 2 diabetes or hypertension from a socially disadvantaged community - Rationale, design and recruitment.* Contemporary Clinical Trials, 2008. **29**(3): p. 439-454.

38. Eakin, E.G., et al., *Living Well with Diabetes: a randomized controlled trial of a telephone-delivered intervention for maintenance of weight loss, physical activity and glycaemic control in adults with type 2 diabetes*, 2010.

39. Eakin, E., et al., *Maintenance of physical activity and dietary change following a telephone-delivered intervention.* Health Psychology, 2010. **29**(6): p. 566-573.

40. Ewald, B., et al., *Physical activity coaching by Australian Exercise Physiologists is cost effective for patients referred from general practice.* Aust N Z J Public Health, 2018. **42**(1): p. 12-15.

41. Fife-Schaw, C., et al., *Comparing exercise interventions to increase persistence with physical exercise and sporting activity among people with hypertension or high normal blood pressure: Study protocol for a randomised controlled trial.* Trials, 2014. **15**(1).

42. Forsyth, A., F.P. Deane, and P. Williams, *Dietitians and exercise physiologists in primary care: Lifestyle interventions for patients with depression and/or anxiety.* Journal of Allied Health, 2009.

43. Gamboa Moreno, E., et al., *Impact of a self-care education programme on patients with type 2 diabetes in primary care in the Basque Country.* BMC Public Health, 2013. **13**(1).

44. Gamboa Moreno, E., et al., *A Pilot Study to Assess the Feasibility of the Spanish Diabetes Self-Management Program in the Basque Country.* Journal of diabetes research, 2016. **2016**: p. 9145673-9145673.

45. Goode, A.D., M.M. Reeves, and E.G. Eakin, *Telephone-delivered interventions for physical activity and dietary behavior change: an updated systematic review.* Am J Prev Med, 2012. **42**(1): p. 81-88.

46. Grant, R.W., et al., *Exercise as a vital sign: A quasi-experimental analysis of a health system intervention to collect patient-reported exercise levels.* Journal of General Internal Medicine, 2014. **29**(2): p. 341-348.

47. Healey, E.L., et al., *The feasibility and acceptability of a physical activity intervention for older people with chronic musculoskeletal pain: The iPOPP pilot trial protocol.* Musculoskeletal Care, 2018. **16**(1): p. 118-132.

48. Hinrichs, T., et al., *General practitioner advice on physical activity: analyses in a cohort of older primary health care patients (getABI).* BMC family practice, 2011. **12**(1): p. 26.

49. Hinrichs, T., et al., *Effects of an exercise programme for chronically ill and mobility-restricted elderly with structured support by the general practitioner's practice (HOMEfit) - study protocol of a randomised controlled trial.* Trials, 2011. **12**.

50. Hinrichs, T., et al., *Home-Based Exercise Supported by General Practitioner Practices: Ineffective in a Sample of Chronically Ill, Mobility-Limited Older Adults (the HOMEfit Randomized Controlled Trial).* Journal of the American Geriatrics Society, 2016. **64**(11): p. 2270-2279.

51. Holden, M.A., et al., *Role of exercise for knee pain: What do older adults in the community think?* Arthritis Care and Research, 2012. **64**(10): p. 1554-1564.

52. Hurley, M., et al., *Exercise interventions and patient beliefs for people with hip, knee or hip and knee osteoarthritis: A mixed methods review*, 2018, John Wiley and Sons Ltd.

53. Husk, K., et al., *What approaches to social prescribing work, for whom, and in what circumstances? A realist review.* Health & social care in the community., 2019.

54. James, E.L., et al., *Referral for Expert Physical Activity Counseling: A Pragmatic RCT.* American Journal of Preventive Medicine 2017. **53**(4): p. 490–499.

55. Jansink, R., et al., *Primary care nurses struggle with lifestyle counseling in diabetes care: a qualitative analysis.* BMC family practice, 2010. **11**(1): p. 41.

56. Jones, G.R., et al., *Development of a physical literacy model for older adults–a consensus process by the collaborative working group on physical literacy for older Canadians.* 2018.

57. Jorgensen, T.K., M. Nordentoft, and J. Krogh, *How do general practitioners in Denmark promote physical activity?* Scandinavian Journal of Primary Health Care, 2012. **30**(3): p. 141-146.

58. Kosteli, M.C., et al., *Barriers and enablers of physical activity engagement for patients with COPD in primary care.* International Journal of COPD, 2017. **12**: p. 1019-1031.

59. Lamming, L., et al., *What do we know about brief interventions for physical activity that could be delivered in primary care consultations? A systematic review of reviews.* Prev Med, 2017. **99**: p. 152-163.

60. Leemrijse, C.J., et al., *Collaboration of general practitioners and exercise providers in promotion of physical activity a written survey among general practitioners.* BMC Family Practice, 2015. **16**(1): p. 1-9.

61. Leenaars, K.E., et al., *The role of the care sport connector in the Netherlands.* Health Promotion International, 2016.

62. Leijon, M.E., et al., *Physical activity referrals in Swedish primary health care - Prescriber and patient characteristics, reasons for prescriptions, and prescribed activities.* BMC Health Services Research, 2008. **8**.

63. Lindeman, C., et al., *The extent to which family physicians record their patients’ exercise in medical records: a scoping review.* BMJ open, 2020. **10**(2).

64. Lion, A., et al., *Physical activity promotion in primary care: a Utopian quest?* Health promotion international, 2019. **34**(4): p. 877-886.

65. Lobelo, F., J. Duperly, and E. Frank, *Physical activity habits of doctors and medical students influence their counselling practices.* Br J Sports Med online, 2009. **43**(2): p. 89-92.

66. Lohmann, H., V. Siersma, and N.F. Olivarius, *Fitness consultations in routine care of patients with type 2 diabetes in general practice: An 18-month non-randomised intervention study.* BMC Family Practice, 2010. **11**.

67. Loughren, E.A., C. Baker, and D. Crone, *‘Let’s Get Moving’Physical Activity Care Pathway (Gloucestershire) Post-Programme Evaluation Report.*, 2014: <http://eprints.glos.ac.uk/2378/>.

68. Martín-Borràs, C., et al., *A new model of exercise referral scheme in primary care: is the effect on adherence to physical activity sustainable in the long term? A 15-month randomised controlled trial.* BMJ Open, 2018. **8**(3): p. e017211-e017211.

69. McDonough, S.M., et al., *Pedometer-driven walking for chronic low back pain: A feasibility randomized controlled trial.* Clinical Journal of Pain, 2013. **29**(11): p. 972-981.

70. McKay, H.G., et al., *The Diabetes Network Internet-Based Physical Activity Intervention A randomized pilot study*, 2001.

71. Melillo, K.D., et al., *Perceptions of nurse practitioners regarding their role in physical activity and exercise prescription for older adults.* Clinical excellence for nurse practitioners : the international journal of NPACE, 2000. **4**(2): p. 108-116.

72. Moore, G.F., et al., *Mixed-method process evaluation of the welsh national exercise referral scheme.* Health Education 2013.

73. Morgan, G.S., et al., *Physical ACtivity facilitation for Elders (PACE): Study protocol for a randomised controlled trial.* Trials, 2015. **16**(1).

74. Morishita, Y., et al., *Primary care physicians' own exercise habits influence exercise counseling for patients with chronic kidney disease: A cross-sectional study.* BMC Nephrology, 2014. **15**(1).

75. Faculty of Sport and Exercise Medicine. *Moving Medicine*. 2018.

76. Muellmann, S., et al., *Effectiveness of eHealth interventions for the promotion of physical activity in older adults: A systematic review.* Prev Med, 2018. **108**: p. 93-110.

77. Murphy, S., et al., *An exploratory cluster randomised trial of a university halls of residence based social norms intervention in Wales, UK.* BMC Public Health, 2012. **12**(186): p. 1471-2458.

78. NHS Leading Change Adding Value Team. *Introducing group consultations for adults with Type 2 diabetes*. 2019 2020].

79. National Institute for Clinical Excellence, *Dementia, disability and frailty in later life – mid-life approaches to delay or prevent onset*, 2015.

80. National Institute for Clinical Excellence, *Physical activity: brief advice for adults in primary care.* London: Nice public health guidance 2013: p. 44.

81. National Institute for Clinical Excellence, *Behaviour change: individual approaches*, 2014.

82. National Institute for Clinical Excellence, *Physical activity: exercise referral schemes*, 2014.

83. National Institute for Clinical Excellence. *Making Every Contact Count: How NICE resources can support local priorities*. [cited 2019; Available from: https://stpsupport.nice.org.uk/mecc/index.html.

84. Omura, J.D., et al., *Primary care providers’ physical activity counseling and referral practices and barriers for cardiovascular disease prevention.* Preventive Medicine, 2018. **108**: p. 115-122.

85. Rena Parish, T. and B.B.S. Tracie Rena Parish, *Examination of the constructs of the Transtheoretical model in patients with heart failure: a focus on physical activity readiness*, 2006.

86. RCGP and Parkrun. *parkrun UK teams up with RCGP to 'prescribe' active lifestyles to patients and practice staff* 21st June 2018 [cited 2019.

87. Persson, G., et al., *Physical activity on prescription (PAP) from the general practitioner’s perspective–a qualitative study.* BMC family practice, 2013. **14**(1): p. 128.

88. Pescheny, J.V., Y. Pappas, and G. Randhawa, *Facilitators and barriers of implementing and delivering social prescribing services: a systematic review.* BMC health services research, 2018. **18**(1): p. 86.

89. Prochaska, J.J., et al., *PACE Interactive Communication Technology for Behavior Change in Clinical Settings*, 2000. p. 127-131.

90. Department of Health. *Resources for commissioning Let's Get Moving interventions* 2012 05/04/2020].

91. Quirk, H. and S. Haake, *How can we get more people with long-term health conditions involved in parkrun? A qualitative study evaluating parkrun’s PROVE project.* BMC Sports Sci Med Rehabil, 2019. **11**(1): p. 22.

92. Rhodes, R.E., et al., *Increasing physical activity by four legs rather than two: systematic review of dog-facilitated physical activity interventions.* British Journal of Sports Medicine, 2020.

93. Royal College of General Practitioners. *RCGP Active Practice Charter*. 2019 [cited 2019; Available from: https://r1.dotdigital-pages.com/p/49LX-5IR/active-practice-charter.

94. Rushforth, B., et al., *Barriers to effective management of type 2 diabetes in primary care: qualitative systematic review.* Br J Gen Pract, 2016. **66**(643): p. e114-e127.

95. Savill, B., A. Murray, and R. Weiler, *Is general practice engaged with physical activity promotion?* Br J Gen Pract, 2015. **65**(638): p. 484-485.

96. Schofield, G., K. Croteau, and G. McLean, *Trust levels of physical activity information sources: a population study.* Health Promotion Journal of Australia, 2005. **16**(3): p. 221-224.

97. Shaw, R., et al., *Pre-exercise screening and health coaching in CHD secondary prevention: A qualitative study of the patient experience.* Health Education Research, 2012. **27**(3): p. 424-436.

98. Short, C.E., et al., *Physical activity recommendations from general practitioners in Australia. Results from a national survey.* Australian and New Zealand Journal of Public Health, 2016. **40**(1): p. 83-90.

99. Smith, S.M., et al., *Interventions for improving outcomes in patients with multimorbidity in primary care and community settings.* Cochrane Database of Systematic Reviews, 2016(3).

100. Smith, T.O., et al., *Social prescribing programmes to prevent or delay frailty in community-dwelling older adults.* Geriatrics, 2019. **4**(4): p. 65.

101. Stone, R.C. and J. Baker, *Painful choices: a qualitative exploration of facilitators and barriers to active lifestyles among adults with osteoarthritis.* Journal of Applied Gerontology, 2015. **36**(9): p. 1091-1116.

102. Sturgiss, E., et al., *Increasing general practitioners' confidence and self-efficacy in managing obesity: a mixed methods study* BMJ open 2017. **7**(1): p. e014314.

103. Department of Health, P.A., Health Improvement and Protection, *Start Active, Stay Active: A report on physical activity from the four home countries’ Chief Medical Officers (Now updated)*, 2011: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\_data/file/830943/withdrawn\_dh\_128210.pdf.

104. UK CMOs, *Physical activity guidelines: UK chief medical officers' report*, 2019: https://[www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report](http://www.gov.uk/government/publications/physical-activity-guidelines-uk-chief-medical-officers-report).

105. US Department of Health and Human Services, *Physical Activity Guidelines for Americans, 2nd edition*, 2018: Washington, DC.

106. Van der Wulp, I., et al., *Effectiveness of peer-led self-management coaching for patients recently diagnosed with Type 2 diabetes mellitus in primary care: A randomized controlled trial.* Diabetic Medicine, 2012. **29**(10).

107. van Sluijs, E.M.F., et al., *Effect of a tailored physical activity intervention delivered in general practice settings: results of a randomized controlled trial.* American Journal of Public Health, 2005. **95**(10): p. 1825-1831.

108. Van Sluijs, E.M.F., et al., *The positive effect on determinants of physical activity of a tailored, general practice-based physical activity intervention.* Health education research, 2005. **20**(3): p. 345-356.

109. Vanroy, J., et al., *Short- and long-term effects of a need-supportive physical activity intervention among patients with type 2 diabetes mellitus: A randomized controlled pilot trial.* PLoS ONE, 2017. **12**(4).

110. Verwey, R., et al., *A pilot study of a tool to stimulate physical activity in patients with COPD or type 2 diabetes in primary care.* Journal of Telemedicine and Telecare, 2014. **20**(1): p. 29-34.

111. Verwey, R., et al., *A monitoring and feedback tool embedded in a counselling protocol to increase physical activity of patients with COPD or type 2 diabetes in primary care: Study protocol of a three-arm cluster randomised controlled trial.* BMC Family Practice, 2014. **15**(1).

112. Verwey, R.D.S.e., et al. *Upgrading physical activity counselling in primary care in the Netherlands*. Oxford University Press.

113. Verwey, R., et al., *Process evaluation of physical activity counselling with and without the use of mobile technology: A mixed methods study.* International Journal of Nursing Studies, 2016. **53**: p. 3-16.

114. Walsh, J.M.E., et al., *Exercise Counseling by Primary Care Physicians in the Era of Managed Care*, 1999.

115. Ward, M., *A Survey of Physical Activity in MedicalCurricula: A report of the HEPA in Health Care Settings*, 2015: HEPA Europe Working Group.

116. Weiler, R., et al., *Physical activity education in the undergraduate curricula of all UK medical schools. Are tomorrow's doctors equipped to follow clinical guidelines?* British journal of sports medicine, 2012. **46**(14): p. 1024-1026.

117. Weinstock, R.S., et al., *Lessened decline in physical activity and impairment of older adults with diabetes with telemedicine and pedometer use: results from the IDEATel study.* Age and Ageing, 2011. **40**(1): p. 98-105.

118. Wheeler, P.C., et al., *Primary care knowledge and beliefs about physical activity and health: a survey of primary healthcare team members.* BJGP open, 2017. **1**(2).

119. Wilcox, S., et al., *Adoption and Implementation of Physical Activity and Dietary Counseling by Community Health Center Providers and Nurses*, 2004.

120. Williams, S.L., et al., *Translating a walking intervention for health professional delivery within primary care: A mixed‐methods treatment fidelity assessment.* Br J Health Psychol, 2019. **25**(1): p. 17-38.

121. Wormald, H. and L. Ingle, *GP exercise referral schemes: Improving the patient’s experience.* Education Journal,, 2004. **63**(4): p. 362-373