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

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| **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 |
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| Parish 2006 [[85](#_ENREF_85)] |  Examination of the constructs of the Transtheoretical model in patients with heart failure: a focus on physical activity readiness. |
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| 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 |
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| Rushforth 2016 [[94](#_ENREF_94)] | Barriers to effective management of type 2 diabetes in primary care: qualitative systematic review |
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| 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 |
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| 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. |

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