

## **Appendix. Personal motivation telephone calls: topics and final advice**

### **Topics**

- Family issues (2)
- Having visitors (3)
- No feeling motivated
- Busy with work or home life
- Not enough time
- Feeling too tired
- Weather (3)
- Holidays
- Illness or injury
- No safe place to exercise
- Travel (4)
- Dogs
- No enjoyment in being active
- Trouble staying motivated
- It is getting boring

### **Advice at end of call**

- Reducing inactivity
- Reinforce commitment to your new lifestyle
- Remember why you are doing this
- Quality time for you
- Injury prevention
- Learn from previous experience
- Use of social support
- Preventing lapses
- Get support from your own network
- Starting maintenance
- Confidence to maintain new commitment