1. Attitudes of healti	professionals tow with MCCs	vards treating			2.Lifestyle c	hange			3.Focus on single conditions		5. Cross- disciplinary collaboration	6.	. System failure	
Exhibiting a Therape caring and alliance understanding attitude	Repairing patients' insecurities	approach to	Long-term maintenance of exercise	Patient education	Supporting behaviour change	Lack of a burning platform	Social connection- facilitator to education and exercise	Psychological barriers to behaviour change			Prioritizing conditions	Lack of clarity regarding responsibility		Time constraints
				Educational programs	Peer education	Lack of knowledge	Accessibility as a barrier	Organizational partnerships		Invisible conditions			Depression and Anxiety	



		2.Lifestyle	change			
Long-term maintenance of exercise	Patient education	Supporting behaviour change	Lack of a burning platform	Social connection- facilitator to education and exercise	Psychological barriers to behaviour change	
	Educational programs	Peer education	Lack of knowledge	Accessibility as a	Organizational partnerships	



1. Patient education	2. Supporting behavior change	3. Lack of a 'burning platform '
1a Facilitating educational programs	2a Accessibility is a barrier	3a Stigma of living with multimorbidity
1b Peer education	2b Long-term maintenance of exercise	3b Invisible illness
1c Lack of knowledge and understanding	2c Psychological barriers	3c Competition for resources
	2d Social connection facilitates behavior change	
	Deliavior Change	



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	CAPABILITY	OPPORTUNITY	MOTIVATION		
People living with multiple conditions	Pain, Breathlessness, Fatigue, Lack of energy	Financial hardship, Lack of access to free training, Transport and proximity, Weather, Time constrains	Worries about condition worsening, Fear of falling, Extrinsic motivation, Incorporating exercise in daily routine		
Healthcare professionals	Patient barriers to exercise: Pain, Mental illness, Knowledge of the conditions, Beliefs about exercise, Breaking habits	Financial barriers, Community and social support, Accessibility, Maintenance of exercise	Support for patients who lack self- confidence, Motivating patients to be physically active		
Relatives and partners	Lack of knowledge about their role, Taking over responsibility, attitudes towards partner's limitations	Weather, Proximity to training facilities, Exercising alongside partner, Group exercise	Motivator role		
Patient advocates	Providing patient education and leadership training, Supporting patients to navigate the system	Facilitating social support and access, Need for establishing collaborations, Competing for resources	Lack of urgency		