



Four perspectives on exercise behavior change (COM-B profile)

	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 constraints	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