

Figure S 1. CAMINEM Referral procedure.

*Note*. PCU = primary-care unit, GP = general practitioner, y = years, PAFES = Catalan plan for physical activity, sport and health, ExPh = Exercise Physiologist.

Broken-line box = actions done by the participant, italics box = actions done by the health practitioner, grey box = actions done by the exercise physiologist.