

Table SI. Coaching programme overview.

Session	Topic	Time (min)
1	Treatment goals and agenda setting coaching programme	60
2	Potential advantages of a healthy lifestyle and insight in the current personal situation	60
3	Explore motivation to change lifestyle	45
4	Setting realistic goals	45
5	Social support, sports counselling center ¹	60
6	Progress 1 (telephone)	15
7	Progress 2 (telephone)	15
8	Progress 3 (telephone)	15
9	Progress and relapse prevention	60
10	How to proceed and completion of coaching programme	45
11	Optional; evaluation and relapse prevention	60

¹ Hoekstra F, Hoekstra T, van der Schans CP, et al. The implementation of a physical activity counseling program in rehabilitation care: findings from the ReSpAct study. *Disability and rehabilitation*, 2021; 43: 1710-1721.