

Supplementary Material A

Notes: This resource is intended for graphic customization and adaptation according to the work context, in which it can be used as a ruler and highlighter. The objective of the strategies is to collaborate with brief advice in order to favor (remember) more intrinsic reasons for promoting physical activity to users of health services.

What motive you to practice Physical Activity?



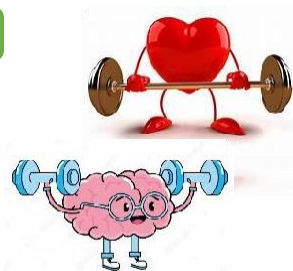
I don't see the point in practicing



To please someone



Avoid feelings of guilt



For the health benefits



It's part of my lifestyle



Of one's own free will for the pleasure that the activity provides

If you have already started, stopped or intend to start...

Choose activities that you enjoy and that you enjoy doing

Look for pleasant places where you feel comfortable and welcomed

Carrying out activities in contact with nature and enjoying it with your favorite music can promote a feeling of well-being and encourage continuity

Lighter intensities can be more enjoyable and help you stay active.

Initially, opt for simple activities that make you feel comfortable.

If your choice is part of something that represents you and that you appreciate, it will make more sense to continue.

Logos