

Supplementary Material B

Summary of techniques for professional action on brief physical activity counseling	
It is recommended:	
Offer choices	Advise the user to seek PA based on personal preferences and not to worry about the time and frequency of performance.
Targeting individuals' feelings and perspectives	Take into account the barriers listed by the person for practicing PA during leisure time, but recognize the daily practices carried out for active movement and/or breaking sedentary behavior, such as important efforts and steps. At the same time, offer incentives for practicing PA during leisure time, such as suggesting free programs and outdoor environments.
Recognize and minimize pressure	Try to listen sincerely and without judgment. Avoid using terms such as: 'you should' and 'you have to do', as these minimize people's autonomy.
Provide meaningful thought	Promote PA based on intrinsic reasons, such as adopting an active lifestyle and valuing activities that promote pleasure and fun.

Legend: PA – Physical Activity.