**Moderate-intensity physical activity**
- 30 minutes
- ≥ 5 times weekly
- Pedometer
- Web page to monitor activities

**Circuit training**
- 45 minutes
- Twice weekly
- Warm up
- Muscle strength
  - 3 x 10 repetitions
  - 50-80% of 1 RM hydraulic machines
- Aerobic exercise
  - 3 x 10 stations
  - 60-85% of heart rate maximum
- Cool down & stretching
- Physio coach available 1 hour every other week

**Support group meetings**
- 60 minutes
- Every other week
- Content and behavioral strategies based on SCT and TTM
- 5-10 participants/group
- Trained physio coaches
- Meetings based on handbook

**Expert lectures**
- 1-2 first year on:
  - Medication
  - Complementary medicine
  - Diet
  - Hand training
  - Feet and shoes

**HEPA**
- Knowledge, attitudes, skills
- Behaviour

**Outcome**
- Perceived health
- Aerobic capacity
- Muscle function

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*Figure 2* Intervention components