Randomization
PHCU (n=4)

PHCU intervention group (n=2)
Patients identified by Physician, sent to PHCU to corroborate study inclusion criteria
Patients meeting inclusion criteria
Consent to participate
Baseline assessments
Exercise-referral scheme (24 week program)
Follow-up measurement (24 weeks)
Follow-up measurement (36 weeks)

PHCU control group (n=2)
Patients identified by Physician, sent to PHCU to corroborate study inclusion criteria
Patients meeting inclusion criteria
Consent to participate
Baseline assessments
Implementation intervention/control
T_0 Baseline Measurement
T_1 end of program Measurement (adherence)
T_2 end of study Measurement (sustainability)
General recommendation to safely engage in exercise to meet PA Guidelines and continue with usual care (24 weeks)
Follow-up measurement (24 weeks)
Follow-up measurements (36 weeks),

PHCU: Primary Health Care Unit