**Motivation**
- Health beliefs
- Readiness to change
- Outcome expectancies
- Action plan

**Informed decision-making**
2. Preventive actions: Health behavior and medical treatment. The collaborative approach.

**Action experience**
- Feedback
- Looking ahead
- Social support
- Informed choices

**Social involvement**
- Nurse
- Nurse and GP
- Physiotherapist
- Dietician
- Physiotherapist
- Nurse