**Key messages:**
The benefits of moving more, both physical and psychological. Barriers to moving more. Strategies to enable moving more. Personalising benefits to moving more and goal setting.

**Collecting current thoughts:**
- How does having multiple health conditions affect you?
- How could this programme make a difference to you?
- How could moving more or being more active help you?

**Using a pedometer and resistance band**

**Resource book**

**Activity Diary**

**my Activity MAP**

**my resource MAP**

---

**Movement through Active Personalised engagement**

**Thinking about my health**

**The Group View**

**Personalising**

- **30mins**
  - When they look at this/read this what are they thinking?
  - I have a hobby that keeps me active.
  - Being active means I can meet my friends.

- **35mins**
  - Activity Diary: What activity did I do this week?
  - Date started:
  - Day | Time | What did I do? | How long? or How many steps?
  - Monday
  - Tuesday

---

**15mins**

- **1**
  - **Thinking about my health**

- **30mins**
  - **The Group View**

- **35mins**
  - **Personalising**
Having more than one health problem makes me feel sad.

Having more than one condition makes me more irritable.

Being active makes me happy.

Having more than one health problem makes me feel sad.

Collecting current thoughts:
- What has changed?
- What are your thoughts about moving more now?

Prompts to help people think about their feelings:
- I have lost interest in things
- I get sort of frightened
- I can see the funny side of things
- I worry
- I feel tense or ‘wound up’

Key messages:
- Awareness of emotions and their impact on managing health.
- How health can affect emotions.
- Benefits of awareness of emotions, and how this can affect managing health.
- Personalising mastering emotions by identifying triggers and strategies.

Movement through Active Personalised engagement

The Group View

When they look at this what are they thinking?

Activity Diary: What activity did I do this week?

<table>
<thead>
<tr>
<th>Date started:</th>
<th>Activity Diary: What activity did I do this week?</th>
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<tbody>
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<td>Day</td>
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Review activity

my resource MAP
A space to record the places you can find further information or support.

Resources

Resource book

1 15mins

Thinking about my health

2 30mins

The Group View

3 35mins

Personalising
I don't like mixing medications for different conditions. I take my medication because I'm afraid of what might happen if I don't.

I feel so overwhelmed by the treatment for one condition it is hard to manage any others.

How important is managing their treatments for their health?

How confident do they feel managing treatments?
When they look at this what are they thinking?

I work with my healthcare team.

It is good to talk.

I don’t want to talk about my health.

Collecting current thoughts:
• What has changed?
• What are your thoughts about moving more now?

Key messages:
• Who is involved in your healthcare communication.
• Benefits of effective communication.
• Strategies for effective communication.
• Locating and using quality information.

Activity Diary: What activity did I do this week?
Date started: ________________________________

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<th>Day</th>
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Activity Diary

Personalising & Reviewing

Where could they go to find quality information?

Reviewing

What are their key messages from MAP?

Resources

Resource book

my resource MAP