

Table 1. Summary of included studies

Authors (year)	Study design & quality	Participants	ERS Intervention	Comparators	Adherence measure
Bozack et al. ⁴³	Qualitative (focus groups) ^c	<i>N</i> =18, 64.9% female; Mean age 61.0 years	16 supervised sessions; focusing on activity and nutrition; free of charge	Group setting for social support Accountability	Attendance through the ERS
Edmunds et al. ⁴⁴	Quantitative (prospective) ^b	<i>N</i> =49, 84% female; Mean age 44.98 years	12-weeks unsupervised	Perceived autonomy support Psychological need satisfaction Motivation Barriers self-efficacy Commitment Behavioural intention	Fitness instructor rating based on attendance log
Eynon et al. ⁴⁵	Qualitative (interviews) ^b	<i>N</i> =9, 55.5% female; Mean age 49.9 years	8-week unsupervised free of charge	Identified regulation Intrinsic regulation Exercise identity Self-esteem Self-efficacy Self-regulatory strategies	Attendance to >16 sessions
Eynon et al. ⁴⁶	Quantitative (prospective) ^b	<i>N</i> =124, 60.4% females; Mean age 48.0 years	8-week unsupervised free of charge	Motivation Psychological need satisfaction	Attendance to >16 sessions
Fenton et al. ⁴⁷	Qualitative (focus groups and interviews) ^c	<i>N</i> =13; 62% female; age range 64-82 years	12-weeks free of charge	Knowledge Psychological outcomes Social outcomes	Current and former attenders
Graham ⁴⁸	Qualitative	<i>N</i> =12; Gender not	14-weeks	Accountability	Former attenders

	(interviews) ^b	specified; age range 46-67 years		Experience of exercise Exercise advice Spouse activity Health attitude Family Personal control Monitoring Support Enjoyment	
Hardcastle et al. ⁴⁹	Quantitative (prospective) ^b	<i>N</i> =207, 65% female; Age not specified	Behaviour change counselling through motivational interviewing for 6-months	Stage of change Self-efficacy Motivation Perceived behavioural control Attitudes Social support	Self-reported physical activity
Hardcastle & Taylor ⁵⁰	Qualitative (interviews) ^c	<i>N</i> =15; All female; age range 50-80 years	10-week exercise programme	Informal networks Perceptions of control Sources of belief Social support	Attendance through the ERS
Hardcastle & Taylor ⁵¹	Qualitative (interviews) ^b	<i>N</i> =15; All female; age range 43-77 years	10-week exercise programme	Exercise identity Feelings of achievement Autonomy and control Social interaction and a sense of belonging	Attendance through the ERS
Hutchison et al. ⁵²	Qualitative (interviews) ^b	<i>N</i> =21; 57.1% female; age range 38-62 years	6-12 week exercise programme	Individual core beliefs or values Situational/informational cues Behavioural determinants	Attendance through the ERS

Jones et al. ⁵³	Mixed ^c	<i>N</i> =17; 70.6% female; age not specified	10-week exercise programme	Expectations of change Confidence	Attendance through the ERS
Jones et al. ⁵⁴	Quantitative (prospective) ^b	<i>N</i> =113, 57.89% female; 47% over 55 years	24 supervised sessions over 12-weeks	Stage of change Self-efficacy Expectations of change and achievement change Social support	Attendance to the 24-sessions
McNair ⁵⁵	Quantitative (prospective) ^b	<i>N</i> =244, 55% female; 61% of the sample were aged 46-60 years	12-weeks	Social support	Attend a consultation at 12-weeks & self-reported physical activity
McNair ⁵⁵	Qualitative (focus groups) ^b	<i>N</i> =28, 86% female; Mean age 57 years	12-weeks	Social support	Attend a consultation at 12-weeks & self-reported physical activity
Mills et al. ⁵⁶ <i>Mills</i> ⁵⁷	Mixed-methods (qualitative element relevant to review) ^b	<i>N</i> =17; 76.5% female; age range 31-68 years	Up to 26-week exercise programme	Motivation Self-efficacy Feeling secure	Attendance through the ERS
Moore et al. ²⁷	Mixed-methods (qualitative element relevant to review) ^b	<i>N</i> =32, 87.5% females; Mean age 59.8 years	16-week exercise programme	Motivation Social support Confidence	Attendance through the ERS
Morton et al. ²⁴	Quantitative (prospective) ^b	<i>N</i> =30, 73.3% females; Mean age 51.9 years	6-weeks	Motivation	Attendance to >6 sessions
Rahman et al. ⁵⁸	Quantitative (prospective) ^b	<i>N</i> =293, 73.90% females; Mean age 54.49 years	Free of charge, 12-week supervised programme	Motivation Psychological need satisfaction	Attendance to classes

Rome et al. ⁵⁹	Quantitative (Randomized trial) ^a	<i>N</i> =528, age and gender not specified for whole sample	4-month exercise programme	Motivation	Self-reported physical activity
Sharma et al. ⁶⁰	Qualitative (interviews) ^c	<i>N</i> =9; 55.6% female; age range 37-61 years	Physiotherapist led 3-month exercise programme	Control Motivation Confidence	Attendance through the ERS
Stathi et al. ⁶¹	Qualitative (interviews) ^b	<i>N</i> =13; 38.5% female; age range 63-79 years	Not specified.	Overcoming barriers Motivation	Attendance through the ERS
Taket et al. ⁶²	Mixed-methods (quantitative element relevant to review) ^b	<i>N</i> =224, 53.3% females; Mean age not specified	Individualised physical activity counselling	Stage of Change	Self-reported physical activity
Taylor & Fox ⁶³	Quantitative (Randomized trial) ^b	<i>N</i> =142, 53.3% females; Mean age not specified	10-week exercise programme - 2 sessions per week at £1.30 each	Physical self-worth	Attendance through the ERS
van Sluijs et al. ⁶⁴	Quantitative (Randomized trial) ^a	<i>N</i> =358, 49.2% females; Mean age not specified	8-weeks; two visits with the GP and two telephone booster calls by a physical activity counselor	Self-efficacy Benefits/ barriers Social support Processes of change	Self-reported physical activity

^aAll or most of the checklist criteria have been fulfilled, and where they have not been fulfilled the conclusions are very unlikely to alter

^bSome of the checklist criteria have been fulfilled, and where they have not been fulfilled, or are not adequately described, the conclusions are unlikely to alter

^cFew or no checklist criteria have been fulfilled and the conclusions are likely or very likely to alter