

**Supplementary Table 1.** Participant characteristics of the total baseline sample, and participants who attended three-month follow-up (completers) compared to dropouts

Participant characteristics	Total baseline sample N = 997	Completers n = 713	Dropouts n = 284	Difference completers vs dropouts (p)
<b>Demographic factors</b>				
	n = 917	n = 700	n = 217	< 0.001*
Age (SD)	49.6 (14.5)	50.7 (14.5)	46.2 (14.2)	
Sex, % (n)	n = 997	n = 713	n = 284	
Women	71.5 (713)	71.0 (506)	72.9 (207)	0.544
Educational level, % (n)	n=921	n = 704	n = 217	
Primary school, 0-10 years	18.9 (174)	18.9 (133)	18.9 (41)	0.579
High school, 11-13 years	48.8 (449)	48.0 (338)	51.2 (111)	
College/university, ≤3 years	19.0 (175)	19.6 (138)	17.1 (37)	
College/university, > 3 years	13.4 (123)	13.5 (95)	12.9 (28)	
Occupational status <sup>a</sup> , % (n)	n = 962	n = 713	n = 249	
Disability pension, full or graded	41.6 (400)	39.3 (280)	48.2 (120)	0.014*
Working, full or graded	39.6 (381)	39.6 (282)	39.8 (99)	0.954
Sick-leave, full or graded	17.9 (172)	17.0 (121)	20.5 (51)	0.213
Retired	13.9 (134)	16.3 (116)	7.2 (18)	< 0.001*
Student	1.7 (16)	1.4 (10)	2.4 (6)	0.285
Other*	4.8 (46)	4.2 (30)	6.4 (16)	0.158
<b>Chronic conditions and referral</b>				
Chronic conditions <sup>a</sup> , % (n)	n = 916	n = 700	n = 216	
No diagnosis	9.8 (90)	10.0 (70)	9.3 (20)	0.749
NCD's and risk factors for NCD	66.8 (618)	67.7 (477)	64.1 (141)	0.326
Muscle/Skeletal	41.4 (379)	41.6 (291)	40.7 (88)	0.828
Mental conditions	28.8 (264)	28.0 (196)	31.5 (68)	0.323
Others	15.9 (146)	14.3 (100)	21.3 (46)	0.014*
Source of referral/ self-referred, % (n)	n = 949	n = 705	n = 244	
Self-referred	17.0 (161)	17.4 (123)	15.6 (38)	0.971
General Practitioner	54.5 (517)	54.0 (381)	55.7 (136)	
Other health services	23.5 (223)	23.7 (167)	22.9 (206)	
Norwegian Labour- and Welfare Administration	5.1 (48)	4.8 (34)	5.7 (14)	
<b>Risk-behaviour status</b>				
Smoking status, % (n)	n = 908	n = 697	n = 211	
Not smoking	75.8 (688)	77.8 (542)	69.2 (146)	0.011*
Smoking	24.2 (220)	22.2 (155)	30.8 (65)	
Meeting dietary guidelines, % (n)	n = 906	n = 693	n = 213	0.365
(Eating 5 fruits/vegetables per day)	22.0 (199)	22.7 (157)	19.7 (42)	
Meeting PA guidelines <sup>b</sup> , % (n)	n = 851	n = 655	n = 196	0.285
(≥150min MVPA in 10 min bouts per week)	15.2 (129)	15.9 (104)	12.8 (25)	
PA level, min of MVPA/day (SD) <sup>b</sup>	n = 851	n = 655	n = 196	
	34.6 (21.4)	34.9 (21.7)	33.7 (20.4)	0.485
<b>Obesity and fitness status</b>				
BMI, kg/m <sup>2</sup> (SD)	n = 919	n = 686	n = 233	
	32.4 (7.0)	32.3 (6.9)	32.6 (7.1)	0.594
Waist circumference, cm (SD)	n = 928	n = 693	n = 235	
	105.6 (17.2)	105.7 (17.2)	105,5 (17,4)	0.885
Waist-hip ratio, cm (SD)	n = 919	n = 690	n = 229	
	0.95 (0.10)	0.95 (0.10)	0.95 (0.10)	0.919
Fitness, Time to exaction (TTE), min (SD)	n=825	n=622	n=203	
	11.9 (3.4)	11.8 (3.4)	12.2 (3.4)	0.207

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SD: standard deviation, NCD: non-communicable diseases, PA: physical activity, MVPA: moderate-to vigorous PA. Missing data on specific variables are shown by the numbers (n) on all variables

<sup>a</sup> It was possible to report more than one occupational status and chronic condition; some individuals have combinations.

<sup>b</sup> Individuals with  $\geq 4$  valid days of PA assessment at pre-test

**Supplementary Table 2.** Possible predictors of change in aerobic fitness regarding demographic factors, health-related factors, and intervention components

	<b>Model 1</b>		<b>Model 2</b>		<b>Model 3</b>	
	B (95% CI)	p	B (95% CI)	p	B (95% CI)	p
<b>Demographic factors</b>						
Sex, woman vs man (reference)	0.00 (- 0.37, 0.37)	0.995	- 0.16 (- 0.55, 0.22)	0.409	- 0.31 (- 0.76, 0.15)	0.188
Age (year)	0.01 (0.00, 0.03)	0.028*	0.01 (0.00, 0.02)	0.199	- 0.01 (- 0.03, 0.00)	0.152
Educational level, low vs high (reference)	- 0.18 (- 0.53, 0.17)	0.305	- 0.21 (- 0.57, 0.14)	0.244	- 0.26 (- 0.68, 0.17)	0.241
<b>Health-related factors</b>						
Chronic health conditions					-	-
No disease			0.37 (-0.27, 1.01)	0.251		
NCDs/ hypertension/overweight			- 0.04 (- 0.48, 0.40)	0.848		
Mental disorders			0.06 (- 0.35, 0.46)	0.781		
Muscle/skeletal disorders			0.17 (- 0.20, 0.53)	0.363		
Other diseases			- 0.17 (- 0.64, 0.30)	0.478		
BMI			- 0.04 (- 0.07, - 0.01)	0.013*	- 0.07 (-0.11, - 0.03)	< 0.001*
<b>Intervention components</b>						
Self-referred vs referred (reference)					0.48 (- 0.04, 1.01)	0.071
Duration of active adherence to HLC offers (number of weeks)					0.05 (- 0.01, 0.10)	0.081
Number of individual consultations					- 0.07 (- 0.25, 0.11)	0.451
Number of exercise sessions/week					0.09 (0.01, 0.17)	0.037*
Attended in exercise organized by						
HLC					0.58 (0.05, 1.11)	0.034*
Other cooperating providers					0.00 (- 0.56, 0.56)	0.995
Self-administered					0.07 (- 0.46, 0.59)	0.808
Attended in theme-specific group meetings					- 0.33 (- 0.94, 0.29)	0.290

Predictors reported as regression coefficient (B) and 95% confidence interval (CI). All estimates were adjusted for aerobic fitness at baseline.

\*Predictors are significant at  $p < 0.05$ . BMI: Body mass index, HLC: Healthy Life Center

**Supplementary Table 3.** Possible predictors of change in body mass index (BMI) regarding demographic factors, health-related factors, and intervention components.

	<b>Model 1</b>		<b>Model 2</b>		<b>Model 3</b>	
	B (95% CI)	p	B (95% CI)	p	B (95% CI)	p
<b>Demographic factors</b>						
Sex, woman vs man (reference)	0.10 (-0.13, 0.33)	0.392	0.11 (- 0.12, 0.35)	0.354	0.01 (- 0.23, 0.25)	0.938
Age (year)	- 0.02 (- 0.02, - 0.01)	< 0.000*	- 0.01 (- 0.02, - 0.01)	< 0.000*	- 0.01 (- 0.02, 0.00)	0.003*
Educational level, low vs high (reference)	- 0.15 (- 0.37, 0.07)	0.188	- 0.16 (- 0.38, 0.07)	0.170	- 0.08 (- 0.31, 0.15)	0.471
<b>Health-related factors</b>						
Chronic health conditions					-	-
No disease			0.19 (- 0.22, 0.60)	0.363		
NCDs/ hypertension/overweight			0.12 (- 0.15, 0.39)	0.389		
Mental disorders			0.09 (- 0.17, 0.34)	0.500		
Muscle/skeletal disorders			- 0.08 (- 0.31, 0.15)	0.484		
Other diseases			- 0.08 (- 0.38, 0.21)	0.577		
<b>Intervention components</b>						
Self-referred vs referred (reference)					0.08 (- 0.20, 0.36)	0.568
Duration of active adherence to HLC offers (number of weeks)					- 0.04 (- 0.07, -0.02)	0.001*
Number of individual consultations					0.07 (- 0.03, 0.16)	0.164
Number of exercise sessions/week					- 0.01 (- 0.05, 0.03)	0.661
Attended in exercise organized by						
HLC					- 0.09 (- 0.36, 0.18)	0.508
Other cooperating providers					- 0.09 (- 0.38, 0.21)	0.562
Self-administered					- 0.21 (- 0.48, 0.06)	0.134
Attended in theme-specific group meetings					- 0.17 (- 0.44, 0.10)	0.212

Predictors reported as regression coefficient (B) and 95% confidence interval (CI). All estimates were adjusted for BMI at baseline. \*Predictors are significant at  $p < 0.05$ . BMI: Body mass index, HLC: Healthy Life Center