**Fig 2.** How can we bestsupport people with long-term conditions (LTCs) to maintain physical activity? Schematic map of themes from interviews and workshops.

Consideration / awareness of…

**Improving delivery & ongoing support**

**Better partnership working between people with LTCs, health & social care, leisure & voluntary sectors**

Physical capability

**Better supported self-management for maintenance of lifelong physical activity in people with LTCs**

Physical opportunity

Social opportunity

Goals and planning\*

Social support\*

Feedback and monitoring\*

Psychological capability

Healthy Conversations trained healthcare professionals

Simple referral and/or signposting processes

Accessible information

Evaluation of local physical activity programs

Delivery of flexible, personalized physical activity programs

Provision of ongoing support

**Main behavior change techniques identified to enhance motivation**

**Improving access**

\*Domain of the COM-B model (25), used to frame interview findings. For behavior to take place, three components are required: capability, opportunity, motivation.