

Table 2. Main- and sub-categories with participants' quotations illustrating the results.

Main category	Sub-category	Quotation
External resources supporting motivation to engage in physical activity	Health check-ups and feedback	<i>I also feel that I have had a good check-up by being measured, so I feel very well looked after. It would have been different if I had not been a part of this study! Then I found out there is someone who keeps track of me! And I have taken samples and such things regularly. And I can well say that I have also gotten a hold of myself ... I have bounced back and forth different ideas with her and such. So, I think it helped me in many ways.</i> ” (Woman, group C)
	External resources supporting motivation to engage in physical activity	<p><i>Yes, put simply, it's motivating! Oddly enough. Such a simple thing! I think it's fun. It has been 100% supportive!”</i> (Man, group A)</p> <p><i>"I love my little measuring device [pedometer]! ... oh well wait now, today, I have only gone 7000. I have to go another round. So, it's clear there's a little competition with myself!"</i> (Woman, group B)</p> <p><i>“We had one man in the group who was, like really, he had walked double as much as me... And his, how he thought I believe influenced us! ...So, it's been good with the others [in the group]. Somehow it feels that we support one another!”</i> (Woman, group A)</p>
	Emotional support through friendly relationships	<p><i>“I believe that both professionals are very good persons. They are very modest and at the same time a bit assertive. And in a way that I feel is very positive.”</i> (Woman, group A)</p> <p><i>“Yes for one thing, we had group meetings. They were well structured, and we should set up goals, and such things in the beginning-- we were informed. But what was good was the interaction between us participants in the group. We discussed what we had done, and what we did not do, and why. I felt that the interaction within the group was very valuable.</i> (Man, group A)</p>

An internal journey	A new approach to physical activity	<p><i>“So, the thought is that it [thoughts about the study] has inspired me to continue. I have never been particularly inactive. But now it is a habit. Now you should go out in the morning for an hour, and so it just has to be, and many times, instead of taking the car I walk to the ferry, or something. It is two km there and two km home...And this study is the reason why it is this way. Yes, a certain change in lifestyle, if we say so. If we can call it that. A bit formal but that’s the way it is!” (Man, group B)</i></p> <p><i>“Yes, the experience so to speak was that I got a handle on walking. It was a habit and it has not disappeared yet, and now it is a necessity, so that is just great.” (Man, group B)</i></p> <p><i>“I have lost weight. I have become more mobile. So, there is now better mobility and a better life! Yes, I have found motivation.” (Man, group A)</i></p>
	To overcome barriers to physical activity	<p><i>“But now I think so... up and jump now, even if it rains [take] the stationary bike, the stairs, a little training or go for a walk or do something and sleep and in general be a little more active. Even if it is about more trivial things, such as standing in the kitchen and cooking for one hour. That one keeps active!” (Man, group A)</i></p> <p><i>“I still think it is very boring!! I have waited for these two years, for this kick that everyone is talking about when they start workout and such and suddenly it becomes a craving that you can’t live without. This hasn’t happened, I say. It hasn’t kicked in. It is sort of going to bed early and leave the shoes ready. Because I have to. ...I need to plan it in the evening.” (Woman, group B)</i></p>