

Supplementary File 1

Search Architecture. We conducted the search in four bibliographic databases (Medline; EMBASE; SPORTDiscus; CINAHL) and four grey literature/unpublished databases (Proquest Dissertations and Theses; NICE; Canadian Health Research Collections; Clinical Trials). The search was not restricted by year, geographical location, study setting or design, participant age, gender, or sex or language; however only articles in English were included in the review. Systematic reviews and meta-analyses, scoping reviews, guidelines, and grey literature were eligible for inclusion. Opinion papers, news and magazine articles, and case reports were not included. Studies in which a physical activity intervention was provided for primary prevention, prescribed by healthcare providers or researchers other than PCPs, or for participant groups without chronic disease or mental health conditions were excluded.

Database search strategies. Search performed on 29 August 2020 and updated 7 March 2022. March 7, 2022 by TN.

Medline	(Fitness or strength* or exercis* or "motor activity" or "physical activity" or endurance or kinesiotherap*) AND (primary medical care/ or primary health care/ or clinical practice/ or exp general practice/ or private practice/ or Physicians, Primary Care/ or General Practitioners/ or hospitalists/ or physicians/ or physicians, family/) AND (counseling/ or directive counseling/ or motivational interviewing/ or distance counseling/ or exp Prescriptions/)
EMBASE	(fitness/ or exp kinesiotherapy/ or "physical activity, capacity and performance"/ or exp exercise/ or exp physical activity/) AND (exp primary medical care/ or exp general practi*) AND (counseling/ or directive counseling/ or motivational interviewing/ or patient counseling/ or patient guidance/ or prescription/ or ecounseling)
CINAHL	MH "Exercise+") OR (MH "Therapeutic Exercise") OR (MH "Physical Fitness+") OR (MH "Motor Activity") AND (MH "Primary Health Care") OR (MH "Physicians, Family") OR (MH "Hospitalists") OR (MH "Pediatricians") OR (MH "Physicians, Emergency") OR (MH "Physicians, Sports Team") AND (MH "Motivational Interviewing")

Sport Discus	DE "PHYSICAL fitness" OR DE "ANAEROBIC exercises" OR DE "ASTROLOGY & physical fitness" OR DE "BODYBUILDING" OR DE "CARDIOPULMONARY fitness" OR DE "CARDIOVASCULAR fitness" OR DE "CIRCUIT training" OR DE "COMPOUND exercises" OR DE "EXERCISE tolerance" OR DE "ISOLATION exercises" OR DE "LIANGONG" OR DE "MUSCLE strength" OR DE "PERIODIZATION training" OR DE "PHYSICAL fitness -- Genetic aspects" OR DE "PHYSICAL fitness for children" OR DE "PHYSICAL fitness for girls" OR DE "PHYSICAL fitness for men" OR DE "PHYSICAL fitness for older people" OR DE "PHYSICAL fitness for people with disabilities" OR DE "PHYSICAL fitness for women" OR DE "PHYSICAL fitness for youth" OR DE "SPORT for all") AND ((DE "PRIMARY care (Medicine)") OR (DE "FAMILY medicine")) OR (DE "PHYSICIANS (General practice)") AND DE "COUNSELING" OR DE "HEALTH counseling" OR DE "LEISURE counseling" OR DE "MOTIVATIONAL interviewing"
Grey Literature Searches: Proquest Dissertations and Theses; NICE; Canadian Health Research Collections; Clinical Trials	"Physical Activity" AND "Primary Care" AND Counseling/Counselling