

Supplementary Table-1

	All (n=75) (n(%))	Overall achieve minimum aerobic PA guidelines (n=58) (n(%))	Meet minimum aerobic PA guidelines just via recreation (n=51) (n(%))	Meet minimum aerobic PA guidelines just at work (n=14) (n(%))	Meet mini- mum aerobic PA just via AT (n=41) (n(%))	Aware of mini- mum PA & SB guidelines (n=46) (n(%))	Meet mini- mum MS guidelines (n=36) (n(%))	Aware of MS guidelines (n=25) (n(%))	Median SB per day (n=75) (hh:mm)	Prescri- -be PA from ED (n=23) (n(%))
Age (years)										
26-30	28 (37.3)	21 (75.0)	20 (71.4)	4 (14.3)	14 (50.0)	20 (71.4)	13 (46.4)	9 (32.1)	05:00	4 (14.3)
31-35	19 (25.3)	15 (78.9)	15 (78.9)	2 (10.5)	9 (47.4)	10 (52.6)	10 (52.6)	7 (36.8)	03:00	7 (36.8)
36-40	10 (13.3)	8 (80.0)	5 (50.0)	3 (30.0)	6 (60.0)	4 (40.0)	4 (40.0)	3 (30.0)	05:00	5 (50.0)
41-45	7 (9.3)	5 (71.4)	4 (57.1)	1 (14.3)	5 (71.4)	2 (28.6)	4 (57.1)	1 (14.3)	08:00	3 (42.9)
46-50	6 (8.0)	5 (83.3)	3 (50.0)	2 (33.3)	3 (50.0)	6 (100.0)	4 (66.7)	2 (33.3)	04:00	2 (33.3)
51-55	4 (5.3)	3 (75.0)	3 (75.0)	1 (25.0)	3 (75.0)	3 (75.0)	1 (25.0)	2 (50.0)	06:20	1 (25.0)
66-70	1 (1.3)	1 (100.0)	1 (100.0)	1 (100.0)	1 (100.0)	1 (100.0)	0 (0.0)	1 (100.0)	04:00	1 (100.0)
Gender										
Male	40 (53.3)	33 (82.5)	31 (77.5)	7 (17.5)	21 (52.5)	23 (50.0)	20 (55.6)	11 (44.0)	04:30	11 (47.8)
Female	35 (46.7)	25 (71.4)	20 (57.1)	7 (20.0)	20 (57.1)	23 (50.0)	16 (44.4)	14 (56.0)	05:00	12 (52.2)
Ethnicity										
White British	34 (45.3)	27 (79.4)	25 (73.5)	3 (8.8)	23 (67.6)	24 (70.6)	14 (41.2)	13 (38.2)	03:30	11 (32.4)
White Irish	3 (4.0)	3 (100.0)	3 (100.0)	1 (33.3)	2 (66.7)	2 (66.7)	3 (100.0)	1 (33.3)	05:00	2 (66.7)
Any other White backgro und	6 (8.0)	5 (83.3)	4 (66.7)	1 (16.7)	3 (50.0)	2 (33.3)	4 (66.7)	1 (16.7)	06:30	0 (0.0)
Mixed White and Asian	6 (8.0)	5 (83.3)	5 (83.3)	2 (33.3)	5 (83.3)	5 (83.3)	3 (50.0)	3 (50.0)	06:30	2 (33.3)

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	All (n=75) (n(%))	Overall achieve minimu m aerobic PA guidelin es (n=58) (n(%))	Meet minimum aerobic PA guide- lines just via recreatio n (n=51) (n(%))	Meet minimum aerobic PA guide- lines just at work (n=14) (n(%))	Meet mini- mum aerobic PA just via AT (n=41) (n(%))	Aware of mini- mum PA & SB guide- lines (n=46) (n(%))	Meet mini- mum MS guide- lines (n=36) (n(%))	Aware of MS guide- lines (n=25) (n(%))	Median SB per day (n=75) (hh:mm)	Prescri- -be PA from ED (n=23) (n(%))
Another mixed group	1 (1.3)	1 (100.0)	1 (100.0)	0 (0.0)	1 (100.0)	0 (0.0)	1 (100.0)	0 (0.0)	03:00	0 (0.0)
Indian	11 (14.7)	8 (72.7)	7 (63.6)	2 (18.2)	4 (36.4)	7 (63.6)	7 (63.6)	4 (36.4)	06:00	3 (27.3)
Pakistan i	1 (1.3)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	02:00	0 (0.0)
Any other Asian backgro und	7 (9.33)	5 (71.4)	3 (42.9)	3 (42.9)	0 (0.0)	5 (71.4)	2 (28.6)	2 (28.6)	04:00	2 (28.6)
African	3 (4.0)	2 (66.7)	1 (33.3)	1 (33.3)	3 (100.0)	0 (0.0)	1 (33.3)	0 (0.0)	06:00	1 (33.3)
Arab	2 (2.7)	1 (50.0)	1 (50.0)	0 (0.0)	0 (0.0)	1 (50.0)	1 (50.0)	1 (50.0)	05:30	2 (100.0)
Any other ethnic group	1 (1.3)	1 (100.0)	1 (100.0)	1 (100.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	06:39	0 (0.0)
Marital Status										
Single	18 (24.0)	10 (55.6)	9 (50.0)	3 (16.7)	10 (55.5)	9 (50.0)	10 (55.6)	4 (22.2)	05:30	6 (33.3)
In a relations hip	37 (49.3)	32 (86.5)	28 (75.7)	6 (16.2)	20 (54.1)	23 (62.2)	20 (54.1)	13 (35.1)	04:00	7 (18.9)
Married	18 (24.0)	14 (77.8)	12 (66.7)	4 (22.2)	10 (55.6)	12 (66.7)	10 (55.6)	7 (38.9)	04:30	8 (44.4)
Divorce d	1 (1.3)	1 (100.0)	1 (100.0)	1 (100.0)	1 (100.0)	1 (100.0)	1 (100.0)	1 (100.0)	04:00	1 (100.0)
Separat ed	1 (1.3)	1 (100.0)	1 (100.0)	0 (0.0)	0 (0.0)	1 (100.0)	0 (0.0)	0 (0.0)	07:00	1 (100.0)
BMI (kg/m ²)										
Underw eight (<18.5)	1 (1.3)	1 (100.0)	1 (100.0)	1 (100.0)	0 (0.0)	0 (0.0)	1 (100.0)	0 (0.0)	04:00	1 (100.0)

Supplementary Table-1

	All (n=75) (n(%))	Overall achieve minimu m aerobic PA guidelin es (n=58) (n(%))	Meet minimum aerobic PA guide- lines just via recreatio n (n=51) (n(%))	Meet minimum aerobic PA guide- lines just at work (n=14) (n(%))	Meet mini- mum aerobic PA just via AT (n=41) (n(%))	Aware of mini- mum PA & SB guide- lines (n=46) (n(%))	Meet mini- mum MS guide- lines (n=36) (n(%))	Aware of MS guide- lines (n=25) (n(%))	Median SB per day (n=75) (hh:mm)	Prescri- be PA from ED (n=23) (n(%))
Healthy weight (18.5 - <25)	49 (65.3)	38 (77.6)	25 (71.4)	8 (16.3)	29 (59.2)	35 (71.4)	24 (49.0)	17 (34.7)	05:00	11 (22.4)
Overwei ght (>25 - <30)	21 (28.0)	18 (85.7)	14 (66.7)	5 (23.8)	9 (42.9)	10 (47.5)	11 (52.4)	7 (33.3)	04:00	8 (38.1)
Obese (>30)	4 (5.3)	1 (25.0)	1 (25.0)	0 (0.0)	3 (75.0)	1 (25.0)	0 (0.0)	1 (25.0)	02:30	3 (75.0)
Smoking status										
Never	54 (72.0)	42 (77.3)	35 (64.8)	10 (18.5)	30 (55.6)	31 (57.4)	24 (44.4)	15 (28.8)	04:30	11 (20.4)
Ex- smoker	13 (17.3)	12 (92.3)	12 (92.3)	3 (23.1)	9 (69.2)	11 (84.6)	8 (61.5)	6 (46.2)	05:00	6 (46.2)
Current smoker	8 (10.7)	4 (50.0)	4 (50.0)	1 (12.5)	2 (25.0)	4 (50.0)	4 (50.0)	4 (50.0)	04:00	6 (75.0)
Co- morbidity es										
0	64 (85.3)	52 (81.3)	47 (73.4)	9 (14.1)	36 (56.3)	38 (59.4)	33 (51.6)	20 (31.3)	05:00	20 (31.3)
1	7 (9.3)	4 (57.1)	4 (57.1)	3 (42.9)	5 (71.4)	7 (100.0)	2 (28.6)	5 (71.4)	04:00	3 (42.9)
2	2 (2.7)	1 (50.0)	0 (0.0)	1 (50.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	04:30	0 (0.0)
3	1 (1.3)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	10:00	0 (0.0)
10	1 (1.3)	1 (100.0)	0 (0.0)	1 (100.0)	0 (0.0)	1 (100.0)	1 (100.0)	0 (0.0)	01:00	0 (0.0)
Grades										
FY2	4 (5.3)	3 (75.0)	3 (75.0)	1 (25.0)	2 (50.0)	4 (100.0)	2 (50.0)	2 (50.0)	09:00	0 (0.0)
CT1-2	7 (9.3)	4 (57.1)	4 (57.1)	0 (0.0)	2 (28.6)	5 (71.4)	4 (57.1)	2 (28.6)	05:00	2 (28.6)
Junior Clinical Fellow (JCF)	9 (12.0)	8 (88.9)	6 (66.7)	2 (22.2)	4 (44.4)	5 (55.6)	4 (44.4)	2 (22.2)	06:00	1 (11.1)

Supplementary Table-1

	All (n=75) (n(%))	Overall achieve minimu m aerobic PA guidelin es (n=58) (n(%))	Meet minimum aerobic PA guide- lines just via recreatio n (n=51) (n(%))	Meet minimum aerobic PA guide- lines just at work (n=14) (n(%))	Meet mini- mum aerobic PA just via AT (n=41) (n(%))	Aware of mini- mum PA & SB guide- lines (n=46) (n(%))	Meet mini- mum MS guide- lines (n=36) (n(%))	Aware of MS guide- lines (n=25) (n(%))	Median SB per day (n=75) (hh:mm)	Prescri- -be PA from ED (n=23) (n(%))
CT3-6	24 (32.0)	21 (87.5)	19 (79.2)	4 (16.7)	14 (58.3)	13 (54.2)	13 (54.2)	10 (41.7)	04:00	5 (20.8)
Senior Clinical Fellow (SCF)	8 (10.7)	4 (50.0)	3 (37.5)	3 (37.5)	4 (50.0)	3 (37.5)	3 (37.5)	2 (25.0)	04:30	5 (62.5)
Trust grade	6 (8.0)	3 (50.0)	1 (16.7)	2 (33.3)	3 (50.0)	4 (66.7)	1 (16.7)	1 (16.7)	01:00	2 (33.3)
Consult ant	7 (9.3)	7 (100.0)	7 (100.0)	1 (14.3)	6 (85.7)	5 (71.4)	2 (28.6)	2 (28.6)	04:00	3 (42.9)
GP	8 (10.7)	6 (75.0)	6 (75.0)	1 (12.5)	5 (62.5)	7 (87.5)	6 (75.0)	4 (50.0)	06:00	5 (62.5)
Other	2 (2.7)	1 (50.0)	1 (50.0)	0 (0.0)	1 (50.0)	0 (0.0)	1 (50.0)	0 (0.0)	02:00	0 (0.0)
London region										
North West London (NWL)	44 (58.7)	36 (81.8)	33 (75.0)	8 (18.2)	30 (68.2)	25 (56.8)	23 (52.3)	14 (31.8)	05:00	15 (34.1)
North East & Central London (NECL)	24 (32.0)	18 (75.0)	14 (58.3)	6 (25.0)	9 (37.5)	15 (62.5)	10 (41.7)	8 (33.3)	04:00	5 (20.8)
South London (SL)	7 (9.3)	4 (57.1)	4 (57.1)	0 (0.0)	2 (28.6)	6 (85.7)	3 (42.9)	3 (42.9)	06:00	3 (42.9)
Self- health rating										
Excellen t	28 (37.3)	24 (85.7)	23 (82.1)	3 (10.7)	22 (78.6)	20 (71.4)	15 (53.6)	11 (39.3)	04:00	7 (25.0)
Very good	29 (38.7)	23 (79.3)	20 (69.0)	7 (24.1)	14 (48.3)	19 (65.5)	13 (44.8)	10 (23.5)	05:00	8 (27.6)
Good	15 (20.0)	9 (60.0)	7 (46.7)	3 (20.0)	5 (33.3)	4 (26.7)	6 (40.0)	3 (20.0)	04:00	6 (40.0)
Fair	3 (4.0)	2 (66.7)	1 (33.3)	1 (33.3)	0 (0.0)	3 (100.0)	2 (66.7)	1 (33.3)	05:00	2 (66.7)
Poor	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a

Supplementary Table-2

	Incomplete basic demographic data (n=18)	Overall percentage of non-responders per group (%)	Incomplete GPAQ (n=16)	Overall percentage of non-responders per group (%)
Age (years)				
26-30	-	-	8	22.2
31-35	5	20.8	3	13.6
36-40	1	9.1	1	9.1
41-45	1	12.5	3	30.0
46-50	1	14.3	0	0.0
51-55	1	20.0	0	0.0
61-65	-	-	1	100.0
66-70	1	50.0	0	0.0
Gender				
Male	3	7.0	11	21.6
Female	3	7.9	5	12.5
Ethnicity				
White British	3	8.1	8	19.0
White Irish	-	-	0	0.0
Any other White background	-	-	1	14.3
Mixed White and Asian	-	-	0	0.0
Another mixed group	-	-	0	0.0
Indian	2	15.4	3	21.4
Pakistani	-	-	2	66.7
Any other Asian background	-	-	1	12.5
African	-	-	0	0.0
Arab	-	-	0	0.0
Any other ethnic group	1	33.3	1	33.3
Marital Status				
Single	1	5.3	2	10.0
In a relationship	4	9.8	8	17.8
Married	-	-	5	21.7

Supplementary Table-2

	Incomplete basic demographic data (n=18)	Overall percentage of non-responders per group (%)	Incomplete GPAQ (n=16)	Overall percentage of non-responders per group (%)
Divorced	1	50.0	1	50.0
Separated	-	-	0	0.0
BMI (kg/m²)				
Underweight (<18.5)	-	-	0	0.0
Healthy weight (18.5 - <25)	-	-	8	14.0
Overweight (>25 - <30)	-	-	3	12.5
Obese (>30)	1	20.0	2	33.3
Smoking status				
Never	2	3.6	7	11.5
Ex-smoker	-	-	3	18.8
Current smoker	1	11.1	0	0.0
Co-morbidities				
0	-	-	9	12.3
2	1	33.3		
4	-	-	1	100.0
Grades				
FY2	-	-	0	0.0
CT1-2	-	-	4	36.4
Junior Clinical Fellow (JCF)	-	-	2	18.2
CT3-6	3	11.1	6	20.0
Senior Clinical Fellow (SCF)	-	-	2	20.0
Trust grade	-	-	2	25.0
Consultant	2	22.2	0	0.0
GP	1	11.1	0	0.0
Other	-	-	0	0.0
London region				
North West London (NWL)	1	2.2	4	8.3

Supplementary Table-2

	Incomplete basic demographic data (n=18)	Overall percentage of non-responders per group (%)	Incomplete GPAQ (n=16)	Overall percentage of non-responders per group (%)
North East & Central London (NECL)	-	-	10	29.4
South London (SL)	-	-	2	22.2
Self-health rating				
Excellent	-	-	4	12.5
Very good	1	3.3	5	14.7
Good	1	6.3	0	0.0
Fair	-	-	0	0.0
Poor	-	-	1	100.0

Supplementary Table-3

Demographic (n=overall number in each demographic group)	1: Aware of and achieve PA & MS guidelines (n=10, 7.5%)	Percentage proportion of total for each demographic (%)	2: Achieve PA & MS guidelines and prescribe PA from ED (n=11, 14.7%)	Percentage proportion of total for each demographic (%)	3: Aware of PA & MS guidelines and prescribe PA from ED (n=12, 16.0%)	Percentage proportion of total for each demographic (%)	4: Aware of and achieve PA & MS guidelines and prescribe PA from ED (n=6, 8.0%)	Percentage proportion of total for each demographic (%)
Age (years)								
26-30 (n=28)	3	10.7	2	7.1	2	7.1	1	3.6
31-35 (n=19)	3	15.8	3	15.8	4	21.1	2	10.5
36-40 (n=10)	2	20.0	3	30.0	3	30.0	2	20.0
41-45 (n=7)	1	14.3	1	14.3	1	14.3	2	28.6
46-50 (n=6)	1	16.7	2	33.3	0	0.0	1	16.7
51-55 (n=4)	0	0.0	0	0.0	1	25.0	0	0.0
66-70 (n=1)	0	0.0	0	0.0	1	100.0	0	0.0
Sex								
Male (n=40)	6	15.0	6	15.0	6	15.0	4	10.0
Female (n=35)	4	11.4	5	14.3	6	17.1	2	5.7
Ethnicity								
White British (n=34)	5	14.7	5	14.7	8	23.5	4	11.8
White Irish (n=3)	1	33.3	2	66.7	0	0.0	0	0.0
Any other White background (n=6)	1	16.7	0	0.0	0	0.0	0	0.0
Mixed White and Asian (n=6)	1	16.7	0	0.0	1	16.7	0	0.0

Supplementary Table-3

Demographic (n=overall number in each demographic group)	1: Aware of and achieve PA & MS guidelines (n=10, 7.5%)	Percentage proportion of total for each demographic (%)	2: Achieve PA & MS guidelines and prescribe PA from ED (n=11, 14.7%)	Percentage proportion of total for each demographic (%)	3: Aware of PA & MS guidelines and prescribe PA from ED (n=12, 16.0%)	Percentage proportion of total for each demographic (%)	4: Aware of and achieve PA & MS guidelines and prescribe PA from ED (n=6, 8.0%)	Percentage proportion of total for each demographic (%)
Another mixed group (n=1)	0	0.0	0	0.0	0	0.0	0	0.0
Indian (n=11)	2	18.2	2	18.2	2	18.2	2	18.2
Pakistani (n=1)	0	0.0	0	0.0	0	0.0	0	0.0
Any other Asian background (n=7)	0	0.0	1	14.3	0	0.0	0	0.0
African (n=3)	0	0.0	0	0.0	0	0.0	0	0.0
Arab (n=2)	0	0.0	1	50.0	1	50.0	0	0.0
Any other ethnic group (n=1)	0	0.0	0	0.0	0	0.0	0	0.0
Marital Status								
Single (n=18)	1	5.6	2	11.1	1	5.6	1	5.6
In a relationship (n=37)	6	16.2	4	10.8	5	13.5	3	8.1
Married (n=18)	3	16.7	4	22.2	5	27.8	2	11.1
Divorced (n=1)	0	0.0	0	0.0	1	100.0	0	0.0
Separated (n=1)	0	0.0	1	100.0	0	0.0	0	0.0
BMI								
Underweight (less than 18.5) (n=1)	0	0.0	1	100.0	0	0.0	0	0.0

Supplementary Table-3

Demographic (n=overall number in each demographic group)	1: Aware of and achieve PA & MS guidelines (n=10, 7.5%)	Percentage proportion of total for each demographic (%)	2: Achieve PA & MS guidelines and prescribe PA from ED (n=11, 14.7%)	Percentage proportion of total for each demographic (%)	3: Aware of PA & MS guidelines and prescribe PA from ED (n=12, 16.0%)	Percentage proportion of total for each demographic (%)	4: Aware of and achieve PA & MS guidelines and prescribe PA from ED (n=6, 8.0%)	Percentage proportion of total for each demographic (%)
Healthy weight (18.5 to less than 25) (n=49)	6	24.0	6	24.0	5	20.0	3	12.0
Overweight (greater than 25 to less than 30) (n=21)	4	19.0	4	19.0	6	28.6	3	14.3
Obese (great than 30) (=4)	0	0.0	0	0.0	1	25.0	0	0.0
Smoking status								
Never (n=52)	6	11.5	5	9.6	3	5.8	2	3.8
Ex-smoker (n=13)	3	23.1	3	23.1	6	46.2	3	23.1
Current smoker (n=8)	1	12.5	3	37.5	3	37.5	1	12.5
Co-morbidities								
0 (n=64)	10	15.6	11	17.2	10	15.6	6	9.4
1 (n=7)	0	0.0	0	0.0	2	28.6	0	0.0
2 (n=2)	0	0.0	0	0.0	0	0.0	0	0.0
3 (n=1)	0	0.0	0	0.0	0	0.0	0	0.0
10 (n=1)	0	0.0	0	0.0	0	0.0	0	0.0
Grades								
FY2 (n=4)	0	0.0	0	0.0	0	0.0	0	0.0

Supplementary Table-3

Demographic (n=overall number in each demographic group)	1: Aware of and achieve PA & MS guidelines (n=10, 7.5%)	Percentage proportion of total for each demographic (%)	2: Achieve PA & MS guidelines and prescribe PA from ED (n=11, 14.7%)	Percentage proportion of total for each demographic (%)	3: Aware of PA & MS guidelines and prescribe PA from ED (n=12, 16.0%)	Percentage proportion of total for each demographic (%)	4: Aware of and achieve PA & MS guidelines and prescribe PA from ED (n=6, 8.0%)	Percentage proportion of total for each demographic (%)
CT1-2 (n=7)	1	14.3	2	28.6	1	14.3	1	14.3
JCF (n=9)	1	11.1	0	0.0	0	0.0	0	0.0
CT3-6 (n=24)	4	16.7	3	12.5	4	16.7	2	8.3
SCF (n=8)	1	12.5	3	37.5	2	25.0	1	12.5
Trust grade (n=6)	0	0.0	0	0.0	1	16.7	0	0.0
Consultant (n=7)	0	0.0	0	0.0	2	28.6	0	0.0
GP (n=8)	3	37.5	3	37.5	2	25.0	2	25.0
Other (n=2)	0	0.0	0	0.0	0	0.0	0	0.0
London region								
NWL (n=44)	6	13.6	7	15.9	6	13.6	3	6.8
NECL (n=24)	3	12.5	3	12.5	3	12.5	2	8.3
SL (n=7)	1	14.3	1	14.3	3	42.9	1	14.3
Self-health rating								
Excellent (n=28)	4	14.3	3	10.7	4	14.3	2	7.1
Very good (n=29)	5	17.2	4	13.8	6	20.7	3	10.3
Good (n=15)	1	6.7	3	20.0	1	6.7	1	6.7
Fair (n=3)	0	0.0	1	33.3	1	33.3	0	0.0
Poor (n=0)	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a