

**Online Data Supplement**

**Persons With Chronic Obstructive Pulmonary Disease and High Levels of Activation Improved Their Physical Activity Skills After an Educational Session**

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## **Principles of the programme "on your feet to earn your seat"<sup>6</sup>**

These principles are based on the repeated performance of an action in a particular context to reinforce the context-behaviour association. In this process, the habitual response first becomes dominant in the memory. Then, as the habit is formed, control over the onset of action becomes less dependent on memory, attention, and motivation, making the behaviour automatic and easier to perform.

The designed intervention based on these principles consisted of a practical explanation of the 15 tips proposed by the program<sup>11</sup> to interrupt sedentary habits, a goal that was achieved by integrating activity habits through context-dependent repetition. In addition to explaining each principle, the participants were provided with practical examples of other everyday situations in which they could apply the principles. They were encouraged to do so in as many situations as possible. They were also informed of the benefits to their health provided by each exercise.

### **1. Principles of the programme "on your feet to earn your seat"<sup>6</sup>**

- 1 A. Calf stretches
- 1 B. Chest stretches
- 1 C. Walking in tandem
- 1 D. Walking without displacement
- 1 E. Move your fingers around the wall
- 1 F. Perform weights with food cans
2. Leave the house every day: Be sure to go out at least once a day.
3. Watch your steps: Try to walk at least 30 minutes a day.
4. Wait on foot: When you have to wait for the bus or train, do it on foot.
5. Perform 10 push-ups against the wall every morning.
6. Get up and sink: when you are in front of the kitchen sink, tiptoe and descend on your heels; at least five times.
7. Take active advertisement breaks: When watching TV, get up and move around the room on ad breaks.
8. Time to stretch: When sitting for long periods of time, set an alarm every 20 minutes, get up and stretch at least five times.
9. Get up without resting your hands: Every time you get up from the chair, do it without resting your hands.
10. Improve your posture: turn your back to the wall, with your feet at 5 cm, and rest your head on the wall.

### **2. Template (with magnets to hang on the refrigerator) to self-complete daily for the patient.**

At the end of the session, the participants were provided with complete information in writing, after which they were given a template (they could hang on the refrigerator using magnets) to self-complete daily upon completing the various proposed exercises.

<b>Exercises</b>	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>	<b>Day 4</b>	<b>Day 5</b>	<b>Day 6</b>	<b>Day 7</b>
1 A. I've performed calf stretches.							
1 B. I've performed chest stretches.							
1 C. I've walked a tightrope.							
1 D. I've walked without displacement.							
1 E. I've moved my fingers around the wall.							
1 F. I've lifted weights.							
2. Today I left home.							
3. I've walked 30 minutes.							
4. I've waited standing.							
5. I've performed 10 push-ups against the wall.							
6. I've done exercises before opening the refrigerator.							
7. I've stretched during the ads.							
8. I've stretched every 20 minutes when I've been sitting .							
9. I got up without supporting my hands.							
10. I have maintained the position.							

**3.Feed-back after the group session via Whatsapp®,**

Questions

**1. Have you walked more today than yesterday?**

YES/ NO

**2. Have you gotten up in TV ads?**

YES/ NO

**3. Do you stand up and tiptoe as you were taught?**

YES/ NO

**4. Did you remember to get up without supporting your hands?**

YES/ NO

**5. Have you flexed your arms and stretched your chest?**

YES/ NO

Feed-Back based on the answers:

- Four or five negative responses



Answer:

Surely tomorrow you can improve!

- Two, three or four affirmative answers



Answer:

Cheer up, you lack a little!

- All affirmative answers



Answer:

All right, keep it up!