

S4 Appendix

| Implications | Recommendations |
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| <ul style="list-style-type: none"> Limited number of intervention studies identified | <ul style="list-style-type: none"> Increasing PA uptake may be most effective using goal setting monitored by pedometers |
| <ul style="list-style-type: none"> Further studies required in women to identify gender-specific barriers and facilitators of PA | <ul style="list-style-type: none"> Appropriate adaptations required for this region – GCC countries should support flexible working arrangements that encourage breaks for PA at the coolest times of the day or use of indoor air-conditioned spaces |
| <ul style="list-style-type: none"> Further studies required in children due to rising levels of obesity in this population (only 2 identified) | |
| <ul style="list-style-type: none"> Further studies required in the truly inactive population – step count studies included individuals with “reasonable” step counts at baseline | |
| <ul style="list-style-type: none"> Further studies required in those who need more health attention e.g. less educated or employed as they are less likely to volunteer for an intervention programme | |