Analytic Framework: Physical Activity Interventions Including Activity Monitors for Adults with Overweight or Obesity

**Behavioral Interventions Including Activity Monitors**
- Monitor integration
- PA education, promotion, support

**Key potential effect modifiers**
- Intervention activities
- Activity monitor type and role
- Client characteristics: SES; race/ethnicity

**Recruited Adults who are Overweight or Obese**

**Increased Physical Activity**
- Frequency
- Duration
- Intensity
- Levels meeting PA recommendations

**Potential harms**
- Injuries associated with change in physical activity

**Potential additional benefits**
- Increased motivation for other lifestyle modifications (nutrition)

**Increased Motivation to be Physically Active**

**Improved Intermediate Health Outcomes**
- Weight loss or control
- Fitness
- Blood pressure control
- Lipid control
- Glycemic control

**Reduced Morbidity**
**Reduced Mortality**
**Improved Healthcare Utilization**

**Improved quality of life**