

**Table S1.** Comparison of individuals who accepted and did not accept the referral to HEAL™.

	$\chi^2$ or <i>F</i>	<i>df</i>	<i>p</i>
Age	3.05	1	.08
<b>Gender</b>	<b>6.11</b>	<b>1</b>	<b>.02</b>
Aboriginal and/or Torres Strait Islander	0.10	1	.83
<b>Healthcare card</b>	<b>7.33</b>	<b>1</b>	<b>.01</b>
Socioeconomic status	5.44	4	.25
<b>Remoteness</b>	<b>12.74</b>	<b>4</b>	<b>.01</b>

Note: Bold indicates significant.

**Table S2.** Comparison of participants who completed the eight-week follow-up assessment and non-completers.

	$\chi^2$ or <i>F</i>	<i>df</i>	<i>p</i>
Age	<b>5.95</b>	<b>1</b>	<b>.02</b>
Gender	0.51	1	.48
Aboriginal and/or Torres Strait Islander	0.10	1	.87
Healthcare card	0.004	1	.95
Socioeconomic status	<b>12.1</b>	<b>4</b>	<b>.02</b>
Remoteness	<b>15.90</b>	<b>4</b>	<b>.003</b>
Completed sessions	<b>105.64</b>	<b>1</b>	<b>&lt;.001</b>
Walking (min/week)	1.67	1	.20
Planned PA (min/week)	0.05	1	.82
Incidental PA (min/week)	1.60	1	.20
Total PA (min/week)	3.33	1	.07
Sitting time (hours/day)	2.00	1	.16
Fruit (serves/day)	1.94	1	.17
Vegetables (serves/day)	0.26	1	.61
Weight (kg)	<b>17.86</b>	<b>1</b>	<b>&lt;.001</b>
Waist circumference	<b>13.24</b>	<b>1</b>	<b>&lt;.001</b>
Systolic BP (mmHg)	2.28	1	.13
Diastolic BP (mmHg)	0.04	1	.84
30-sec chair stand (n)	<b>3.95</b>	<b>1</b>	<b>.48</b>
30-sec arm curl (n)	1.56	1	.22
6-min walk (m)	0.99	1	.32

Note: Bold indicates significant.