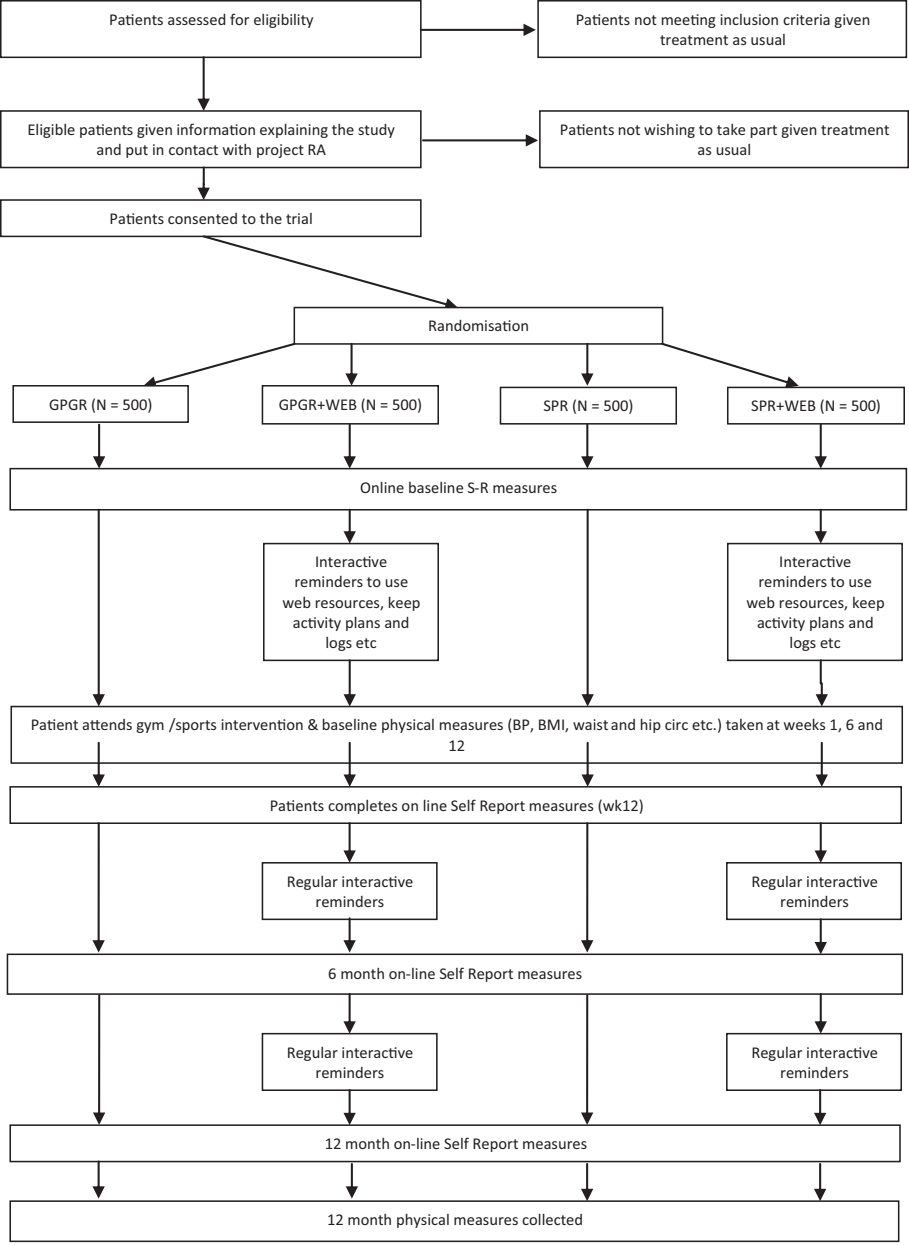


Key: GPGR - GP gym-based referral/treatment as usual control, GPGR+WEB - GP gym-based referral plus web tool, SPR - Sport referral at Surrey Sports Park, SPR+WEB - Sport referral plus web tool