Cardiac rehabilitation referrals

Recruit participants via letter and follow-up phone call

Randomised

CONTROL
Physical activity group
n=178 (balanced no. urban and rural)

Baseline telephone questionnaire completed after written consent and doctors’ clearance received

Physical activity package mailed

Week one telephone coaching and goal setting session on physical activity

Week three telephone coaching and goal review session on physical activity

Week six complete telephone questionnaire

Week 12 booster call

Week 18 booster call

Week 24 (Six months) complete telephone questionnaire

INTERVENTION
Healthy weight group
n=178 (balanced no. urban and rural)

Baseline telephone questionnaire completed after written consent and doctors’ clearance received.
Objective measures with sub-group n= 45

Healthy weight package mailed

Week one telephone coaching and goal setting session on physical activity and healthy weight

Week three telephone coaching and goal review session on physical activity and healthy weight

Week five telephone coaching and goal review session on physical activity and healthy weight

Week seven telephone coaching and goal review session on physical activity and healthy weight

Week eight complete telephone questionnaire

Week 16 booster call

Week 24 booster call

Week 32 (Eight months) complete telephone questionnaire

Objective measures with sub-group n=45