Fig 1. Flow diagram of the progress of participants through the trial.

Eligible to participate (n= 875)
- Excluded (n= 729)
  - Declined to participate (n= 729)
- Randomised (n= 146)

Allocation
- Allocated to intervention (n= 71)
  - Received allocated intervention (n= 63)
  - Did not receive allocated intervention (n= 8)
    - Reasons:
      - Preferred usual care group (n= 1)
      - Withdrawn, lost interest and time (n= 4)
      - Back operation (n= 1)
      - CVI prior to start programme (n= 1)
      - Gastric haemorrhage (n= 1)
- Allocated to and received usual care (n= 75)

Follow-Up
- Lost to follow-up at 3 months (n= 1) and at 6 months (n= 3)
  - Reasons for loss to follow-up:
    - Discontinued intervention because felt too tired (n= 1)
    - Lost interest and lack of time (n= 3)
- Lost to follow-up at 3 months (n= 12) and at 6 months (n= 3)
  - Reasons for loss to follow-up:
    - Lost interest and lack of time (n= 12)
    - Mental health problems (n= 1)
    - Preferred intervention group (n= 2)

Analysis
- Analysed at 3 months (n= 63) and at 6 months (n= 59)
- Analysed at 3 months (n= 63) and at 6 months (n= 60)