Assessed for eligibility (n= 6452)

Excluded (n= 5403)
  Not meeting inclusion criteria (n= 4354)
  Refused to participate (n= 1030)
  No baseline survey (n= 19)

Randomization

Allocated to intervention (n= 523)
  Received allocated intervention (n= 488)
    Did not receive allocated intervention (n= 35)
      no orientation (n=22)
      did not engage (n=12)
      no physician clearance (n=1)
  Discontinued study (n= 18)
    pre-intervention (n=6)
    post-intervention (n=12)
  Discontinued intervention (n=17)
    pre-intervention (n=5)
    post-intervention (n=12)
  Lost to follow-up (n= 0)

Allocated to control (n= 526)
  Discontinued study (n= 25)
  Lost to follow-up (n= 1)
    Death (n=1)

Analysis

Analyzed (n= 523)
  completed 6 months (n=495)
  completed 12 months (n=495)
  completed 24 months
  Excluded from analysis (n= 0)

Analyzed (n= 526)
  completed 6 months (n=492)
  completed 12 months (n=487)
  completed 24 months
  Excluded from analysis (n= 0)