264 women were assessed according to inclusion and exclusion criteria

88 were not eligible for participation

176 women were eligible for the study

106 women refused to participate in the study
Reasons for refuse to participate:
1- Having a trip during our data collection: 74 women
2- Having difficulties to wear and record data of pedometer: 32 women

70 women randomized

Intervention group
n=35

Control group
n=35

Finished the 12 weeks study

Allocation

n= 32

n=34

4 women could not complete the study