Potentially eligible women contacted by research midwife

**Agrees to take part**

**First appointment (15⁺⁰⁻¹⁷⁺⁶ weeks’ gestation)**
- Consent; BMI; eligibility check; demography and socioeconomic status; dietary assessment; attitudinal assessment questionnaire; accelerometer provided.

**Second Appointment (1 week later)**
- Randomisation; dietary assessment; accelerometer data downloaded; EPDS, EQ-5D, RPAQ questionnaires; anthropometry; weight; blood sample

**Control Arm** Standard antenatal care

**Third Appointment (27⁺⁰⁻28⁺⁶ weeks’ gestation)**
- OGTT; dietary assessment; attitudinal assessment, EPDS, EQ-5D questionnaires; weight; anthropometry; blood sample; accelerometer provided

**Intervention Arm**
- 8 weekly sessions with health trainer

**Fourth Appointment (1 week later)**
- Dietary assessment; accelerometer data downloaded; RPAQ questionnaire; weight

**Fifth Appointment (34⁺⁰⁻35⁺⁶)**
- As 3rd appointment (no OGTT)

**Sixth Appointment (1 week later)** As 4th appointment

Maternal and neonatal outcome data