Enrollment

Assess eligibility

Exclude
- Do not meet inclusion criteria
- Decline to participate
- Other reasons

Randomisation

Allocation

Allocated to intervention
- Receive 12-week online Stride program
- Health measures, questionnaires, sealed pedometer

Allocated to wait-list control
- Receive 12-week Stride program
- Health measures, questionnaires, sealed pedometer

Follow-Up

- Health measures, questionnaires, sealed pedometer

Follow-up

- Health measures, questionnaires, sealed pedometer

Option to receive 12-week Stride program