Telephone-administered Participant Eligibility Questionnaire (PEQ)

Information Session; Informed consent; Baseline Questionnaires

Doctor’s permission for unrestricted physical activity

Blood sample and screening for chronic disease

Fitness exam and anthropometric measurements

Adiposity assessments by CT scan and DXA scan

Randomization

Aerobic exercise @300 minutes/week

12-month Assessments

24-month Assessments

Aerobic exercise @150 minutes/week

12-month Assessments

24-month Assessments