Initial enquiries ($n = 297$)

- Not contactable ($n = 48$)

Assessed for eligibility ($n = 249$)

- Excluded
  - Not meeting eligibility criteria ($n = 174$)

Randomised ($n = 75$)

Allocated to immediate treatment intervention ($n = 35$)
- Completed baseline assessments and received smart-phone
- Received intervention:
  - Provision of pedometer and motivational log-book.
  - 3 group-based lunchtime walks of 30 minutes duration during week and 2 week-end walks of 30 minutes duration per week for 10 weeks.
  - 2 weekly autonomy-supportive text messages via provided smart-phones for 10 weeks.
  - 5 independent walks per week of 30 minutes duration for 6 weeks.
  - 3 weekly autonomy-supportive text messages via provided smart-phones for 6 weeks.

Allocated to delayed treatment control ($n = 40$)
- Completed baseline assessments and received smart-phone
- Delayed treatment control for 10 weeks
- Received full intervention at 10 weeks

Follow-up measures at:
- 16 weeks
- 4 months (following end of intervention)