Distribution (%) of groups after two years

Baseline PAL

- **A** - active
- **IA** - insufficiently active
- **PI** - physically inactive

- PI: 7.6% active, 3.2% insufficiently active, 89.2% physically inactive
- IA: 8.3% active, 38.9% insufficiently active, 52.8% physically inactive
- A: 48.6% active, 8.1% insufficiently active, 43.2% physically inactive