Main inclusion: Adenoma patients aged 50 to 74 years, with a BMI >25 kg/m², physically able to undertake exercise requirements.
Main exclusions: normal colonoscopy or cancer diagnosis

Healthy individuals who have undergone screening colonoscopy procedures for benign adenomas will be informed about the study (in brief) by the colorectal cancer surgeon when sent their colonoscopy results. A full invitation by the research nurse will then follow within the next 2 weeks (est. n=452)

Interested individuals will be telephone screened and (if eligible) invited to the study centre to provide informed consent and undergo baseline measures (est. n=316)

Random allocation to the intervention group or the usual care group

Intervention (n=158)
- Will receive a general leaflet on healthy lifestyle plus BeWEL personalized intervention program, personal body weight scales, supervised monthly body weight recordings
- 3 face-to-face visits in the first 3 months
- Monthly telephone/email contacts between months 3 and 12

Usual care (n=158)
- Will receive a general leaflet on healthy lifestyle

12 month follow-up

(n=133)

Lost to follow up est. n=25

Exit questionnaire and in-depth interview

Do not wish to participate est. n=136

Lost to follow up est. n=25