Potential participants responding to recruitment publicity and fulfilling inclusion criteria (n=81)

Randomised into study (n=43)
Declined to take part (n=30)
No suitable project site (n=8)

Allocated to tailored exercise intervention arm (n=22)
  - Received intervention (n=19)
  - Dropped out (n=3)
  - Randomly allocated to sub-sample (n=11)

Plenary session (n=19)
Sub-sample (n=11)

Allocated to ‘exercise as usual’ control arm (n=21)
  - Received ‘exercise as usual’ (n=19)
  - Dropped out (n=2)
  - Randomly allocated to sub-sample (n=10)

Plenary session (n=19)
Sub-sample (n=10)