Study participants

Home visit 1: Baseline (subsample only)

Randomisation

Intervention:
Walking program: Vol 1

Step 1: Walk more, Sit less

Coaching call

Step 2: Walk longer

Coaching call

Home visit 2: Week 12 (subsample only)

Walking program: Vol 2

Step 3: Pick up the pace

Coaching call

Home visit 3: Week 24 (subsample only)

Walking program: Vol 3

Step 4: A lifestyle of walking pace

Coaching call

Home visit 4: Week 48 (subsample only)

Control:
Mental health wellbeing

Good Sleeping Habits

Healthy Eating

Interview: Study questionnaire