Figure 1. Flow chart

Allocation

Women recruited via "Exercise on Prescription"

- Allocated to intervention: n=102
- Received allocated intervention: n=100
- Did not receive allocated intervention: n=2, they never started the program.

Follow-Up 1

- Lost to follow-up: n=71
  - Reasons: did not show, moved away
  - Discontinued intervention: n=27
  - Reasons: health problems, moved away
  - Analysed: n=121

Follow-Up 2

- Lost to follow-up compared to baseline: n=70
  - Reasons: did not show, moved away
  - Analysed: n=122

Women recruited via general practices list

- Allocated to control group: n=322

Follow-Up 1

- Lost to follow-up: n=103
  - Reasons: did not show or moved away
  - Analysed: 219

Follow-Up 2

- Lost to follow-up compared to baseline: n=185
  - Reasons: did not show, moved away
  - Analysed: n=187