Received study information and consent (n=127)

Signed consent returned (n=36)

Assessed for eligibility (n=36)

Excluded (n=8)
- Not meeting inclusion criteria (n=3)
- Declined to participate (n=4)
- Other reasons (n=1)

Baseline measures (n=28)

Randomised (n=28)

Allocated to intervention (n=16)
- Received 10 week CPET intervention

Lost to follow up (n=3)

Follow up – 10 weeks (n=13)

Analysed (n=15)
- Excluded from analysis (n=1, invalid baseline data)

Allocated to control (n=12)
- 10 week control period

Lost to follow up (n=0)

Follow up – 10 weeks (n=12)

Analysed (n=12)
- Excluded from analysis (n=0)