Screening/recruitment

Excluded

Laboratory

Randomized (n= 300)

A. Health promotion by public health nurse (n= 100)

Follow up 3, 6 and 12 month

Analysis

B. Health promotion by a public health nurse and exercise intervention (n = 100)

Follow up 3, 6 and 12 month

Analysis

C. Control group (n = 100)

Follow up 3, 6 and 12 month

Analysis