Figure 1. Study design and flow chart

- 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