Approached for study (n=513)

Start to Run group

Completed baseline assessment (n=244)

Start to Run training program

Completed assessment after Start to Run training program (n=125)

Analyzed (n=123)
  • Excluded from analysis because compliance with the Dutch physical activity guidelines could not be calculated (n=2).

Completed assessment six months after baseline (i.e. 4.5 months after cessation of the Start to Run training program) (n=104)

Control group

Approached for study (n=1328)

Completed baseline assessment (n=940)

Completed assessment six months after baseline (n=745)

Unmatched control group (n=693)
  • Excluded from analysis because of participation in Start to Run (n=2) or another NAPSE sporting program (n=44).
  • Excluded from analysis because compliance with the Dutch physical activity guidelines could not be calculated (n=6).

Analyzed (n=100)
  • Control group matched by age and sex.