CHPP (n = 26,216)

2012-13 2013-14 2014-15
Eligible (n = 5,249)

Intervention
Will be included (n = 750)

Baseline
Questionnaires and health checks incl. fitness testing

Two-weeks follow up
Questionnaires

One-year follow up
Fitness testing and questionnaires

Control
Will be included (n = 750)

Baseline
Questionnaires and health checks excl. fitness testing

Two-weeks follow up
Questionnaires

One-year follow up
Fitness testing and questionnaires