Workplaces approached by email or letter (n=818)

Expression of Interest (n=55) (29 small; 19 medium; 7 large)

Workplaces recruited and randomized (n=19)

Intervention Workplaces (n=9: 4 small; 3 medium; 2 large)

Withdrew (n=2). Reasons:
- Time constraints (n=1, small)
- Ample parking provision meant employees not interested in walking (n=1, medium)

3 small; 2 medium; 2 large workplaces
Total consented participants (n=100)

Control Workplaces (n=10: 5 small; 3 medium; 2 large)
Total consented participants (n=87)

No response (n=720) Declined (n=43)
- Few employees live close to workplace (n=21)
- All employees walk or cycle (n=4)
- Workplace at home (n=8)
- Other (n=10)

No response (n=29) Declined (n=7). Reasons:
- No employees living close to workplace (n=4)
- Too much work to calculate distances from workplace (n=2)

Intervention delivery

Promoter trained but intervention not delivered because of workload (n=1, medium)

Intervention completed in 6 workplaces (3 small, 1 medium, 2 large)

Process evaluation: interviews with:
14 participants and
4 promoters/participants and
4 promoters