Enrolment

Assess eligibility

Exclude
- Do not meet inclusion criteria
- Decline to participate
- Other reasons

Baseline testing

- Accelerometer, health measures, questionnaires, salivary cortisol

Randomisation

Allocation

Allocated to Intervention
- Receive 12-week REACH online program
- Receive weekly emails with personalised daily step goals
- Regular progress phone calls
- Pedometer

Allocated to Control
- Receive 12-week paper step log
- Receive weekly emails with generic daily step goals
- Pedometer

Post-intervention testing
- Accelerometer, health measures, questionnaires, salivary cortisol

6-month follow-up
- Accelerometer, health measures, questionnaires

12 month follow-up
- Accelerometer, health measures, questionnaires