Excluded (n=347)
- Not meeting inclusion criteria (n=178)
  - No HCD clearance (n=0)
  - Mothers Age (n=13)
  - Not Hispanic (n=5)
  - >6 months postpartum (n=67)
  - Not Sedentary (n=8)
  - Health Reasons (n=1)
  - BMI (n=68)
  - Planning Pregnancy (n=4)
  - Miscarried (n=5)
  - Antidepressants (n=6)
  - Cholesterol Lowering Meds (n=1)
- Declined to participate (n=16)
- Other reasons (n=152)
  - Did not complete PA data (accelerometer, pedometer, APAL) (n=38)
  - Too Busy (n=31)
  - Moving out of State (n=22)
  - Lack of Commitment (n=50)
  - Lack of Transportation (n=12)

Allocated to control group (n=68)
- Received attention control newsletters (n=68)

Allocated to intervention group (n=71)
- Received allocated intervention (n=49)
- Did not receive allocated intervention (n=22) *List of reasons available upon request

Follow-Up
Lost to follow-up (n=14)
- Refuses to answer (n=5)
- Lack of Time (n=0)
- Moved out of state (n=5)
- Pregnant (n=3)
- Unable to contact (n=1)

Analysis
Analysed (n=54)

Analysis
Analysed (n=39)