Adolescents (N=300)

50% least active adolescents invited for trial participation (N=150)

Randomisation (N=100)

Intervention group (N=50)
Control group (N=50)

Young Adults (N=300)

50% least active young adults invited for trial participation (N=150)

Randomisation (N=100)

Intervention group (N=50)
Control group (N=50)